Howard-Suamico School District Menu January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			NO SCHOOL	2 NO SCHOOL
5 Hamburger on a Bun Baked Beans Baby Carrots/Dip Pears Peaches	6 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Broccoli Applesauce Grapes Salad Bar	7 Nachos with Meat &Cheese Sauce Lettuce, Tomato Salsa, Refried Beans, Sour Cream, Black Olives Rice, Corn Mandarin Oranges Apple Slices	8 Salisbury Steak in Gravy Mashed Potatoes Bread Slice Peas & Carrots Pineapple Banana **FIGARO'S@ HOWARD & MEADOWBROOK**	9 Mini Corn Dogs Green Beans Raw Veggies/Dip Mixed Fruit Applesauce Birthday Fruit Ice Strawberry Milk Choice
12 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Vanilla Sweet Potato Fry Mixed Fruit Orange Wedges	13 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Strawberries Applesauce	14 Trix Yogurt String Cheese Soft Pretzel/Cheese Sauce Raw Veggies/Dip Banana Tropical Twist Juice Box	15 Lasagna Bake Garlic Toast Broccoli & Cauliflower Peaches Mixed Fruit Salad Bar **FIGARO'S@ SUAMICO & BAY HARBOR**	16 Lotsa Mozza Bread Sticks**OR** Cold Ham & Cheese Sandwich/ Bun Tomato Soup Baby Carrots/Dip Mixed Fruit Apple Slices
19 Chicken Patty on a Bun Lettuce & Tomato Green Beans Raw Veggies/Dip Pears Applesauce	20 2 Soft Shell Tacos with Meat & Cheese Sour Cream, Salsa Lettuce, Tomato Black Beans Corn Pineapple Grapes	21 Portesi Cheese Fries Pizza Sauce Broccoli Jicama Sticks Applesauce Mixed Fruit Salad Bar	22 Spaghetti with Meat Sauce Bread Stick Cauliflower Peaches Pears Cinnamon SnickerdoodleCookie **FIGARO'S@ FOREST GLEN**	23 **NO SCHOOL** **JANUARY** **HOM:**Watch for new carrot recipes being sampled this month.
26 Hot Dog on a Bun Baked Beans Baby Carrots/Dip Mandarin Oranges Mixed Fruit	27 Nachos with Meat &Cheese Sauce Lettuce, Tomato Salsa, Refried Beans, Sour Cream, Black Olives Corn Pineapple Peaches	28 Stuffed Crust Pepperoni Pizza Cheesy Broccoli Rice Raw Veggies/Dip Pears Applesauce	29 Diced Chicken in Gravy Mashed Potatoes Cinnamon Roll Green Beans Peaches Pineapple Salad Bar	30 **SUPER BOWL SPECIAL:** Super Cheeseburger Sliders Touchdown Taters Baby Carrots & Celery Sticks w/Dip Mixed Fruit Apple Slices

HARVEST OF THE MONTH

GROWING A HEALTHY WISCONSIN

CARROTS

A ½ cup of carrot slices will give you lots of vitamin A. Vitamin A helps keep your eyesight and skin healthy. Carrots can be eaten whole, sliced into sticks, chopped, shredded and cooked!

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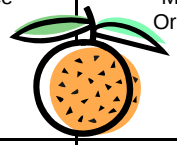
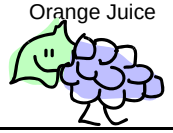
Alternate entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price is $1.90 for grades K-4, $2.10 for 5-8, $.40 reduced price, and $.35 milk.

Elementary Breakfast Menu - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **NO SCHOOL**	2 **NO SCHOOL**
5 Trix Yogurt Chocolate Chip Gripz Grapes Milk Choice Orange Juice 	6 Egg & Cheese Sandwich Banana Milk Choice Orange Juice 	7 Pumpkin Choc Chip Square Margarine Cheese Stick & Orange Wedges Milk Choice Orange Juice	8 Mini Pancakes Flavored Applesauce Cup Milk Choice Orange Juice 	9 Apple Jacks Cinn Graham Squares Apple Slices Milk Choice Orange Juice
12 Cinnamon Pop-Tart Flavored Applesauce Cup Milk Choice Orange Juice	13 Bacon Scramble Pizza Grapes Milk Choice Orange Juice 	14 Banana Bread Margarine Orange Wedges Milk Choice Orange Juice	15 Chocolate Chip Waffle Apple Slices Milk Choice Orange Juice 	16 Trix Cereal Cinn Graham Squares Banana Milk Choice Orange Juice
19 Chocolate Chip Muffin Margarine Grapes Milk Choice Orange Juice 	20 Breakfast Taco Salsa or Ranch Dressing Flavored Applesauce Cup Milk Choice Orange Juice	21 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Milk Choice Orange Juice 	22 Pancake Wrapped Sausage Banana Milk Choice Orange Juice	23 **NO SCHOOL**
26 Trix Yogurt Chocolate Chip Gripz Grapes Milk Choice Orange Juice	27 Egg & Cheese Sandwich Banana Milk Choice Orange Juice 	28 Pumpkin Choc Chip Square Margarine Cheese Stick & Orange Wedges Milk Choice Orange Juice	29 Cinn Glazed French Toast Flavored Applesauce Cup Milk Choice Orange Juice	30 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Milk Choice Orange Juice

Includes choice of 1%, fat free chocolate, or skim milk.

Meal price is $1.25; meal is free to those approved for free or reduced price meals. Menu is subject to change.

SCRAMBLED ROOT VEGETABLES

Oh no! The names of these root vegetables are scrambled. Unscramble the letters to reveal their correct names.

carrot **potato** **radish** **turnip**
parsnip **jicama** **rutabaga** **yam**

1. dahrsi_____
2. mjaaic_____
3. oaptto_____
4. aym _____
5. rtoarc_____
6. nsppar _____
7. inuprt _____
8. abrauatg _____

EAT YOUR VEGETABLES

How many did you find?

How many meals have fresh carrots? How many have cooked carrots?