











Howard-Suamico School District Menu January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Hamburger on a Bun Cheese Slice Baked Beans Baby Carrots/Dip Peaches Pears</p> 	<p>5</p> <p>Chicken Tenders Ranch or BBQ Sauce Savory Rotini Noodles Broccoli Applesauce Grapes Salad Bar</p> 	<p>6</p> <p>Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Black Olives Sour Cream Seasoned Rice Refried Beans Corn Pineapple Apple Slices</p>	<p>7</p> <p>Salisbury Steak in Gravy 1 Mashed Potatoes Dinner Roll Peas & Carrots Mandarin Oranges Banana</p> <p>PIZZA SCHMIZZA at 2 HOWARD & MEADOWBROOK</p>	<p>8</p> <p>Mini Corn Dogs Green Beans Raw Veggies/Dip Mixed Fruit Applesauce Birthday Cupcake Strawberry Milk</p> <p>HAPPY BIRTHDAY, JANUARY BABIES!</p>
<p>11</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Vanilla Sweet Potato Fry Mixed Fruit Orange Wedges</p>	<p>12</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Applesauce Strawberries</p> 	<p>13</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Banana Tropical Twist Juice Box</p>	<p>14</p> <p>Lasagna Bake 1 Garlic Toast Broccoli & Cauliflower Peaches Mixed Fruit Salad Bar</p> <p>PIZZA SCHMIZZA at 2 FOREST GLEN</p>	<p>15</p> <p>Hot Dog on a Bun Baked Beans Raw Veggies/Dip Pineapple Apple Slices</p> 
<p>18</p> <p>Chicken Patty on a Bun Lettuce & Tomato Green Beans Baby Carrots/Dip Pears Applesauce</p> 	<p>19</p> <p>2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Mixed Fruit Pineapple</p>	<p>20</p> <p>Portesi Cheese Fries Marinara Sauce Broccoli Jicama Sticks Peaches Applesauce Salad Bar</p> 	<p>21</p> <p>Spaghetti & Meat Sauce 1 Bread Stick Cauliflower Pineapple Pears Snickerdoodle Cookie</p> <p>PIZZA SCHMIZZA at 2 BAY HARBOR & SUAMICO</p>	<p>22</p>  <p>No School</p>
<p>25</p> <p>Hamburger on a Bun Lettuce & Tomato Tater Tots Baby Carrots/Dip Mandarin Oranges Mixed Fruit</p> 	<p>26</p> <p>Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Black Olives, Sour Cream Rice Refried Beans Corn Peaches Pineapple</p> 	<p>27</p> <p>Stuffed Crust Pepperoni Pizza Savory Rotini Noodles Raw Veggies/Dip Pears Applesauce Salad Bar</p> 	<p>28</p> <p>Diced Chicken in Gravy with Mashed Potatoes Chocolate Chip Muffin Green Beans Baby Carrots/Dip Peaches Mixed Fruit</p>	<p>29</p> <p>1 Cup of Chili with Macaroni & Roll OR</p> <p>2 Lotsa Mozza Sticks with Marinara Raw Veggies/Dip Pineapple Apple Slices</p>



CRUCIFEROUS

(pronounced crew-sif-er-ous)

Multiple opportunities in the cabbage family (e.g., broccoli, cauliflower, kale, cabbage, Brussels sprouts, radishes, kohlrabi, bok choy, etc.)



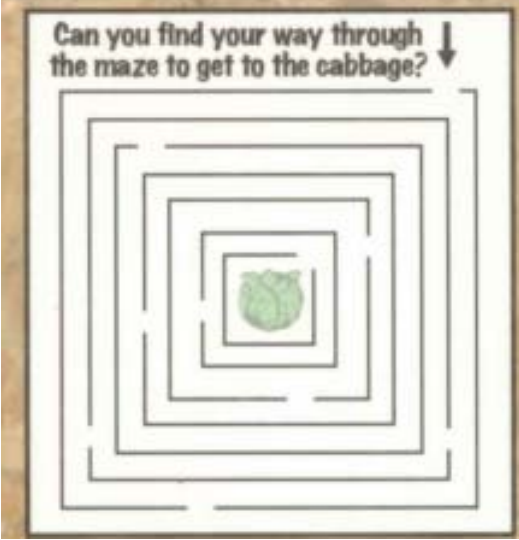
Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.00 for grades K-4, \$2.20 for 5-8, \$.40 reduced price, and \$.35 milk. This institution is an equal opportunity provider and employer.

Elementary Breakfast Menu - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chocolate Chip Muffin Margarine Cinn Graham Squares Grapes Juice Cup Milk Choice 	5 Breakfast Taco Cinn Graham Squares Banana Juice Cup Milk Choice	6 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice Cup Milk Choice 	7 Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Cup Milk Choice	8 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice Cup Milk Choice 
11 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice 	12 Egg & Cheese Sandwich Cinn Graham Squares Banana Juice Cup Milk Choice 	13 Pumpkin Choc Chip Square Margarine Cheese Stick & Orange Wedges Juice Cup Milk Choice	14 Cinn Glazed French Toast Flavored Applesauce Cup Juice Cup Milk Choice	15 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup Milk Choice 
18 Banana Bread Margarine Orange Wedges Juice Cup Milk Choice 	19 Breakfast Bagel Pizza Cinn Graham Squares Flavored Applesauce Cup Juice Cup Milk Choice	20 Trix Cereal Bar Hard-Cooked Egg Banana Milk Choice Juice	21 Mini Blueberry Waffles Grapes Juice Cup Milk Choice 	22  No School
25 Trix Yogurt Chocolate Chip Gripz Grapes Juice Cup Milk Choice	26 Egg & Cheese Sandwich Banana Juice Cup Milk Choice 	27 Pumpkin Choc Chip Square Margarine Cheese Stick & Orange Wedges Juice Cup Milk Choice	28 Mini Pancakes Flavored Applesauce Cup Juice Cup Milk Choice 	29 Breakfast Bun Apple Slices Juice Cup Milk Choice

Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change.
 Meal price is \$1.25; meal is free to those approved for free or reduced price meals.
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VITAL STATISTICS
Rt. Fielder-
 Loves to catch flies.
 Rich in Iron and Vitamin A.
 Has the energy to play all day long.



VITAL STATISTICS
Catcher -
 Known for his "raw" talent.
 High Vitamin C content gives him
 throwing power.

