



# Howard-Suamico School District Menu November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickles Cauliflower Sugar Snap Peas/Dip Mixed Fruit Orange Wedges</p>	<p>3</p> <p>Real Slice Cheese Pizza Broccoli Peaches Apple Slices Salad Bar</p> 	<p>4</p> <p>2 Soft Shell Tacos with Meat &amp; Cheese Lettuce, Tomato, Salsa Sour Cream Black Beans Rice Corn Pears Mandarin Oranges</p> 	<p>5</p> <p>Salisbury Steak in Gravy Mashed Potatoes Cinnamon Roll Green Beans Mixed Fruit Grapes</p> <p><b>PIZZA SCHMIZZA at FOREST GLEN</b></p>	<p>6</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Baby Carrots/Dip Applesauce Birthday Fruit Ice Milk Choice Strawberry Milk <b>HAPPY BIRTHDAY, NOVEMBER BABIES!</b></p>
<p>9</p> <p>Mini Corn Dogs Baked Beans Raw Veggies/Dip Pears Apple Slices</p> 	<p>10</p> <p>Spaghetti &amp; Meat Sauce <b>1</b> Bread Stick Green Beans Peaches Mandarin Oranges Salad Bar</p> <p><b>PIZZA SCHMIZZA at BAY 2 HARBOR &amp; SUAMICO</b></p>	<p>11</p> <p>Chicken Patty on a Bun <b>1</b> Lettuce, Tomato Broccoli Crispy Cukes/Dip Mixed Fruit Banana</p> <p><b>PIZZA SCHMIZZA at 2 HOWARD &amp; MEADOWBROOK</b></p>	<p>12</p> <p><b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Strawberries Pineapple</p> 	<p>13</p> <p>Lotsa Mozza Sticks with Marinara Raw Veggies/Dip Corn Mandarin Oranges Pears</p>
<p>16</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Sweet Potato Dippers/Dip Cauliflower Applesauce Orange Wedges</p>	<p>17</p> <p><b>MUNCH-A-LUNCH:</b> Yogurt &amp; String Cheese Soft Pretzel w/Cheese Sauce Raw Veggies/Dip Banana Tropical Twist Juice Box</p> 	<p>18</p> <p><b>NACHO GRANDE:</b> Nacho Chips with Meat &amp; Cheese Sauce Lettuce, Tomato, Salsa Black Olives, Sour Cream Rice Refried Beans Corn Peaches Pineapple</p>	<p>19</p> <p>Pepperoni Pizza Broccoli Baby Carrots/Dip Mixed Fruit Pears Salad Bar</p> 	<p>20</p> <p><b>LUNCH WITH A DOG:</b> Hot Dog on a Bun Pickle Relish, Onion Peas &amp; Carrots Crispy Cukes/Dip Pineapple Apple Slices</p>
<p>23</p> <p>Hamburger on a Bun Lettuce, Tomato, Pickles Baked Beans Sugar Snap Peas/Dip Pears Banana</p> 	<p>24</p> <p><b>FALL FEAST:</b> Diced Chicken in Gravy Mashed Potatoes Stuffing Bread Slice Broccoli Baby Carrots/Dip Cranberry Relish Mandarin Oranges Apple Slices Pumpkin Muffin Squares</p>	<p>25</p> <p><b>1/2 DAY - NO LUNCH</b></p> <p><b>WATCH FOR MORE INFO AND RECIPES WITH CRANBERRIES THIS MONTH</b></p>	<p>26</p> 	<p>27</p> 
<p>30</p> <p>Mini Corn Dogs Baked Beans Raw Veggies/Dip Pears Peaches</p>				








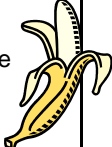



## Cranberries

To harvest cranberries, the beds are flooded with six to eight inches of water above the vines.



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 - November 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Cinnamon Pop-Tart Cinn Graham Squares Flavored Applesauce Juice Milk Choice</p>	<p>3</p> <p>Bacon Scramble Pizza Grapes Juice Milk Choice</p>	<p>4</p> <p>Banana Bread Orange Wedges Juice Milk Choice</p> 	<p>5</p> <p>Chocolate Chip Waffle Apple Slices Juice Milk Choice</p> 	<p>6</p> <p>Trix Cereal Cinn Graham Squares Banana Juice Milk Choice</p>
<p>9</p> <p>Chocolate Chip Muffin Grapes Juice Milk Choice</p> 	<p>10</p> <p>Breakfast Taco Cinn Graham Squares Banana Juice Milk Choice</p>	<p>11</p> <p>Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice Milk Choice</p> 	<p>12</p> <p>Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Milk Choice</p> 	<p>13</p> <p>Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice Milk Choice</p>
<p>16</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Milk Choice</p>	<p>17</p> <p>Egg &amp; Cheese Sandwich Cinn Graham Squares Banana Juice Milk Choice</p> 	<p>18</p> <p>Pumpkin Choc Chip Square Margarine Cheese Stick &amp; Orange Wedges Juice Milk Choice</p>	<p>19</p> <p>Cinn Glazed French Toast Flavored Applesauce Juice Milk Choice</p>	<p>20</p> <p>Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Milk Choice</p> 
<p>23</p> <p>Banana Bread Orange Wedges Juice Milk Choice</p> 	<p>24</p> <p>Breakfast Bagel Pizza Cinn Graham Squares Flavored Applesauce Juice Milk Choice</p>	<p>25</p> <p>Fudge Pop Tart Cinn Graham Squares Banana Juice Milk Choice</p>	<p>26</p> <p><b>NO SCHOOL</b></p>	<p>27</p> <p><b>NO SCHOOL</b></p>
<p>30</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Milk Choice</p> 			<p>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. This institution is an equal opportunity provider and employer.</p>	



### Cranberry MAZE

