








# Howard-Suamico School District Menu September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Welcome Back</p>	<p>1</p> <p>Chicken Nuggets with Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce</p>	<p>2</p> <p>Portesi Cheese Fries Marinara Sauce Broccoli &amp; Cauliflower Jicama Sticks/Dip Pineapple Pears Birthday Cupcake</p> <p><b>HAPPY BIRTHDAY, SEPTEMBER BABIES!</b></p>
<p>5</p> <p><b>NO SCHOOL</b></p> 	<p>6</p> <p>Mini Corn Dogs Green Beans Baby Carrots/Dip Applesauce Peaches</p> 	<p>7</p> <p>2 Soft Shell Tacos with Meat &amp; Cheese Lettuce, Tomato Salsa, Sour Cream Rice Black Beans Corn Mixed Fruit Banana</p>	<p>8</p> <p>4" Pepperoni Pizza Broccoli Pears Mandarin Oranges Salad Bar</p> 	<p>9</p> <p>Hamburger on a Bun Cheese Slice Lettuce, Tomato Onion, Pickle Raw Veggies/Dip Applesauce Grapes</p>
<p>12</p> <p>Hot Dog on a Bun Onions, Pickle Relish Vanilla Sweet Potato Fries Baked Beans Apple Slices Pineapple</p> 	<p>13</p> <p>Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges Pears Salad Bar</p> <p><b>PIZZA SCHMIZZA at HOWARD &amp; MEADOWBROOK</b></p>	<p>14</p> <p><b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Fresh Cucumber Slices Applesauce Strawberries</p>	<p>15</p> <p>Stuffed Crust Cheese Pizza Broccoli Mixed Fruit Peaches Salad Bar</p> 	<p>16</p> <p>Spaghetti with Meat Sauce Cheesy Bosco Stick Green Beans Pineapple Pears</p>
<p>19</p> <p>Chicken Tenders with Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce</p> 	<p>20</p> <p><b>NACHO GRANDE:</b> Nachos with Meat &amp; Cheese Sauce Lettuce, Tomato Salsa, Black Olives Sour Cream Rice Refried Beans Corn Pears Wacky Watermelon</p>	<p>21</p> <p><b>MUNCH-A-LUNCH:</b> Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Pineapple Banana Tropical Twist Juice Box</p> 	<p>22</p> <p>Salisbury Steak in Gravy Mashed Potatoes Double Chocolate Muffin Peas &amp; Carrots Pears Grapes Salad Bar</p> <p><b>PIZZA SCHMIZZA at FOREST GLEN</b></p> 	<p>23</p> <p>Portesi Cheese Fries Marinara Sauce Broccoli Crispy Fresh Cukes/Dip Mandarin Oranges Pineapple</p> 
<p>26</p> <p>Chicken Patty on a Bun Lettuce &amp; Tomato Baked Beans Baby Carrots/Dip Pears Peaches</p> 	<p>27</p> <p>Cheesy French Bread with Marinara Sauce Broccoli Pineapple Mixed Fruit Salad Bar</p>	<p>28</p> <p><b>WACKY WAFFLE WEDNESDAY:</b> Cheese Omelet Belgian Waffle Stick Maple Flavored Syrup Tater Tots Crispy Fresh Cukes/Dip Applesauce Banana</p>	<p>29</p> <p>Hot Dog on a Bun Onions, Pickle Relish Green Beans Pasta Salad Raw Veggies/Dip Pears Mandarin Oranges</p> <p><b>PIZZA SCHMIZZA at BAY HARBOR &amp; SUAMICO</b></p>	<p>30</p> <p><b>BAY PORT BOWL HOME COMING MENU:</b> Popcorn Chicken, Mashed Potatoes/Gravy, and Corn Dinner Roll Pineapple Grapes Pirate Waters (Blue) Gelatin</p> <p><b>GO PIRATES!!!</b></p>



## Farm to School

Welcome back to school!  
This is a great time of year to enjoy produce that grows on vines like tomatoes, cucumbers, summer squash, zucchini and melon.





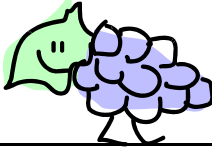




### EAT YOUR FRUITS & VEGGIES

Circle all fruits & veggies on the menu.

- How many fruits & veggies are red?
- How many are green?
- How many are yellow?
- How many are orange?
- Put a star next to your favorite fruits & veggies.

Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal.  
Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8, \$.40 reduced price, and \$.35 milk.  
This institution is an equal opportunity provider and employer.

# Elementary Breakfast Menu - September 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Donuts String Cheese Orange Wedges Juice Cup 	2 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup
5 <b>NO SCHOOL LABOR DAY</b>	6 Bacon Scramble Pizza Applesauce Juice Cup	7 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup 	8 Chocolate Chip Waffle Grapes Juice Cup	9 Apple Jacks Cereal Cinn Graham Squares Banana Juice Cup 
12 Fudge Pop-Tart Cinn Graham Squares Applesauce Juice Cup	13 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup 	14 Pumpkin Choc Chip Square Margarine String Cheese Orange Wedges Juice Cup	15 Mini Pancakes Applesauce Juice Cup 	16 Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup
19 Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup	20 Egg & Cheese Sandwich Banana Juice Cup	21 Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup	22 Mini Blueberry Waffles Cinn Graham Squares Apple Slices Juice Cup	23 Strawberry Pop-Tart Cinn Graham Squares Orange Wedges Juice Cup 
26 Zucchini Bread Applesauce Juice Cup	27 Cheesy Bosco Stick Marinara-Pizza Sauce Banana Juice Cup 	28 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup	29 Pancake Wrapped Sausage Applesauce Juice Cup	30 Mini Chocolate Donuts Apple Slices Juice Cup 

## SEPTEMBER HARVEST ITEMS

There are plenty of fruits and vegetables ready for harvesting in Wisconsin this month. Circle the ones that you have tried.

Apples	Hot Peppers
Arugula	Kale
Beans	Kohlrabi
Beets	Leeks
Bell Peppers	Okra
Bok Choy	Onion
Broccoli	Pears
Brussels	Potatoes
Cabbage	Radishes
Carrots	Raspberries
Cauliflower	Rutabagas
Chard	Salad Mix
Collard Greens	Scallions
Corn	Spinach
Cranberries	Sprouts
Cucumbers	Squash
Eggplant	Tomatillos
Grapes	Tomatoes

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

Menu is subject to change.

Meal price is \$1.30; meal is free to those approved for free or reduced price meals.

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