











Howard-Suamico School District Menu January 2016

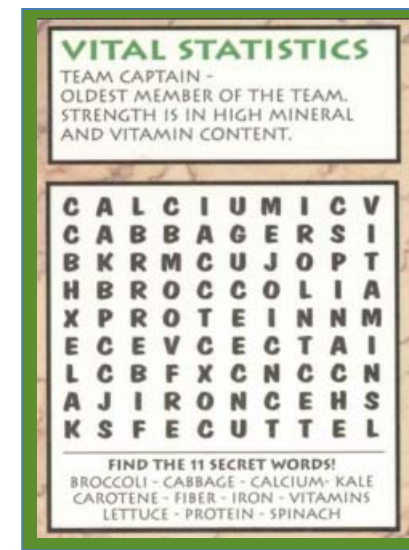
Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Hamburger on a Bun Cheese Slice Baked Beans Baby Carrots/Dip Peaches Pears</p> 	<p>5</p> <p>Chicken Tenders Ranch or BBQ Sauce Savory Rotini Noodles Broccoli Applesauce Grapes Salad Bar</p> 	<p>6</p> <p>Nachos with Meat & Cheese Sauce Lettuce, Tomato 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 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 2016

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