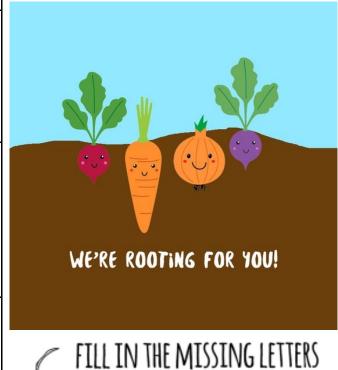
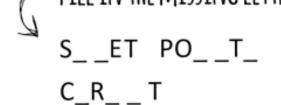
### **Howard-Suamico School District Lunch Menu January 2017**

Howard-Suamico School District Lunch Menu January 2017						
Monday	Tuesday	Wednesday	Thursday	Friday		
Hoppy How Years	3 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Broccoli Baby Carrots & Dip Applesauce Mixed Fruit	Portesi Cheese Fries Marinara Sauce California Vegetable Blend Salad Bar Grapes Peaches Chocolate Chip Cookie WI WEDNESDAY	5 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Pears Pineapple	Mini Corn Dogs Green Beans Raw Veggies & Dip Mixed Fruit Applesauce Birthday Cupcake Strawberry Milk  HAPPY BIRTHDAY, JANUARY BABIES!		
9 Hamburger on a Bun Cheese Slice Lettuce & Tomato Onion & Pickle Broccoli Baby Carrots & Dip Peaches Pears	10 Pepperoni Pizza Round Green Beans Salad Bar Pineapple Apple Slices	BRUNCH FOR LUNCH Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Baby Carrots & Dip Applesauce Strawberries	12 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Baked Beans Broccoli Peaches Grapes	Cup of Chili with Macaroni Breadstick Raw Veggies & Dip Mandarin Oranges Apple Slices		
16 Chicken Patty on a Bun Lettuce & Tomato Green Beans Baby Carrots & Dip Pears Applesauce	17 Spaghetti & Meat Sauce Bread Stick California Vegetable Blend Salad Bar Pineapple Grapes  PIZZA SCHMIZZA at FOREST GLEN	Diced Chicken in Gravy with Mashed Potatoes Chocolate Chip Muffin Green Peas Baby Carrots & Dip Peaches Mixed Fruit  PIZZA SCHMIZZA at SUAMICO & BAY HARBOR	19 Nachos with Meat & Cheese Sauce Lettuce, Tomato, Olives, Salsa & Sour Cream Refried Beans Corn Pineapple Applesauce	NO SCHOOL		
Hot Dog on a Bun Pickle Relish & Onion Green Peas Baby Carrots & Dip Pears Mandarin Oranges	MUNCH A LUNCH Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies & Dip Grapes Tropical Twist Juice Box	25 Homemade Italian Sausage Lasagna Bake Garlic Toast Broccoli & Cauliflower Salad Bar Peaches Mixed Fruit  PIZZA SCHMIZZA at HOWARD & MEADOWBROOK	26 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Green Beans Baby Carrots & Dip Pears Pineapple	NEW! Cheeseburger Meatloaf Bukaroo' Biscuit Bandit Baked Beans Campfire Corn on the Cob Pioneer Peaches Appalachian Applesauce WILD WEST THEME		
Mini Corn Dogs Green Peas Raw Veggies & Dip Mixed Fruit Applesauce	31 Chicken Smackers Chicken Egg Roll Sweet & Sour Sauce Rice Stir Fry Vegetables Cucumber Slices & Dip Pineapple Mandarin Oranges Fortune Cookie  CHINESE NEW YEAR	milk included with n \$2.30 for 5-8; \$.40 re	ered daily. Fat-free chooneal. Lunch price is \$2. educed price, and \$.35 institution is an equal o and employer.	10 for grades K-4, milk. Menu is sub-		

# Wisconsin Wednesdays – New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of January we are featuring Portesi Cheese Fries from Portesi Italian Foods in Stevens Point, California Vegetable Blend from Lakeside Foods in Manitowoc, Chocolate Chip Cookie from Best Maid in River Falls, and milk from Brothers Dairy in Kewaunee.





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# **HSSD Elementary Breakfast Menu January 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
HAPPY NEW YEAR 2017	Fudge Pop Tart Cinn Graham Squares Applesauce Juice Cup	Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup	Mini Maple Pancakes Banana Juice Cup	Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup
9	10	11	12	13
Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup	Egg & Cheese Sandwich Banana Juice Cup	Pumpkin Choc Chip Square Margarine String Cheese Orange Wedges Juice Cup	Mini Blueberry Waffles Apple Slices Juice Cup	Strawberry Pop Tart Cinn Graham Squares Orange Wedges Juice Cup
16	17	18	19	20
Zucchini Bread Margarine Applesauce Juice Cup	Mini Chocolate Chip French Toast Banana Juice Cup	Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup	Pancake Wrapped Sausage Applesauce Juice Cup	NO SCHOOL
23	24	25	26	27
Cinnamon Toast Crunch Cinn Graham Squares Applesauce Juice Cup	Breakfast Taco Salsa or Ranch Dressing Banana Juice Cup	Pumpkin Choc Chip Square Margarine String Cheese Grapes Juice Cup	Mini Cinnamon Donuts Vanilla Bear Grahams Orange Wedges Juice Cup	Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup
Breakfast Bread Margarine Applesauce Juice Cup	31  Bacon Scramble Pizza  Grapes  Juice Cup	subject to change. N grades 5-12; meal is price meals. This ins	%, fat free chocolate, or Meal price is \$1.30 for go is free to those approved titution is an equal oppo- nployer.	rades K-4, \$1.40 for I for free or reduced
			1	<u> </u>

#### **Harvest of the Month: Parnsips**

Parsnips are closely related to the carrot family of vegetables, but are a bit sweeter in taste.

They are high in Vitamin C, Folate, and Manganese, which help keeps teeth healthy! They can be baked, steamed, boiled, microwaved, roasted, or sautéed.



## **Carrot & Parnsip Fries**

#### <u>Ingredients</u>

2 medium carrots 2 medium parsnips 1 tbsp. olive oil 1 tsp paprika 1/2 tsp garlic powder

#### <u>Directions</u>

Preheat the oven to 425 degrees Fahrenheit. Peel and cut the carrots and parsnips into fries. Mix the olive oil, paprika, and garlic powder together in a bowl. Add the fries and mix well. Transfer to a baking tray and bake in the oven 15-20 minutes (depending on the thickness of your fries), turning a couple of times. Serve with ketchup or your choice of dipping sauce.