

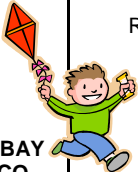




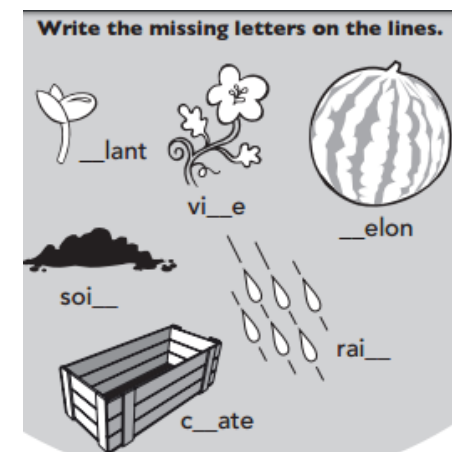


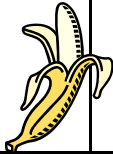










# Howard-Suamico School District Menu May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>BALL PARK BONANZA:</b> BRATWURST OR HAMBURGER on a Bun Tomato, Onion, Pickle Shoestring Fries Baked Beans Raw Veggies/Dip Fruit Ice	3 <b>NACHO GRANDE:</b> Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives, Refried Beans Corn Pears Pineapple	4  Stuffed Crust Pepperoni Pizza Broccoli Mixed Fruit Mandarin Oranges Salad Bar	5 <b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks Mini Tri Taters Crispy Fresh Cukes Applesauce Strawberries	6  Chicken Patty on a Bun Lettuce & Tomato Green Beans Raw Veggies/Dip Pears, Peaches Birthday Cupcake Strawberry Milk <b>HAPPY BIRTHDAY, MAY BABIES!</b>
9 Portesi Cheese Fries Marinara Sauce Broccoli & Cauliflower Crispy Fresh Cukes Mandarin Oranges Pineapple	10 1 Spaghetti with Meat Sauce Garlic Toast Green Beans 2 Peaches, Pears Salad Bar <b>PIZZA SCHMIZZA at BAY HARBOR &amp; SUAMICO</b>	11  Chicken Nuggets Ranch or BBQ Sauce Bread Slice Sugar Snap Peas Baby Carrots/Dip Grapes Applesauce	12 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Pineapple Peaches	13 Hot Dog on a Bun Baked Beans Raw Veggies/Dip Mixed Fruit Banana
16 Cheese Quesadilla w/Salsa or Ranch Tex Mex Rice Green Beans Jicama Sticks Orange Wedges Mixed Fruit Spring Flower Power Sugar Cookie	17 Salisbury Steak in Gravy Mashed Potatoes Chocolate Muffin Peas & Carrots/Dip Pears Grapes <b>PIZZA SCHMIZZA at FOREST GLEN</b>	18  Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Pineapple Melon Pieces Tropical Twist Juice Box <b>HOM: Melons</b>	19 <b>P-3 PIZZA:</b> Personal Pepperoni Pizza Broccoli Pineapple Mandarin Oranges Salad Bar	20 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce
23 Cheesy Garlic French Bread with Marinara Sauce Green Beans Raw Veggies/Dip Applesauce Mixed Fruit	24 1 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Broccoli Mandarin Oranges 2 Grapes Salad Bar <b>PIZZA SCHMIZZA HOWARD &amp; MEADOWBROOK</b>	25  <b>NACHO GRANDE:</b> Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives Refried Beans, Corn Pears, Peaches	26 <b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks Mini Tri Taters Crispy Fresh Cukes Applesauce Strawberries	27  Mini Corn Dogs Broccoli & Cauliflower Baby Carrots/Dip Pineapple Banana
30 <b>NO SCHOOL</b> 	31 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas & Carrots Crispy Fresh Cukes Peaches Applesauce	June 1 Stuffed Crust Pepperoni Pizza Broccoli Mixed Fruit Pears Salad Bar	2 Hamburger on a Bun Cheese Slice Lettuce & Tomato Raw Veggies/Dip Mandarin Oranges Pineapple	3 <b>MUNCH-A-PICNIC- LUNCH:</b> Trix Yogurt, String Cheese Goldfish Crackers Baby Carrots & Sugar Snap Peas/Dip Applesauce, Juice Box Birthday Cupcake <b>HAPPY BIRTHDAY, SUMMER BABIES!</b>
6 Hot Dog on a Bun Pickle Relish & Onion Baked Beans Baby Carrots/Dip Pineapple, Mandarin Oranges	7 Portesi Cheese Fries Marinara Sauce Broccoli Pears, Grapes Salad Bar	8 <b>COOK'S CHOICE</b>		



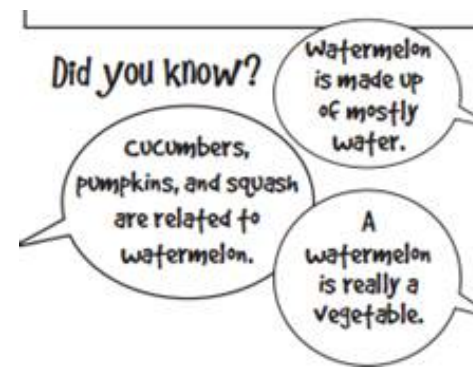
Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.00 for grades K-4, \$2.20 for 5-8, \$.40 reduced price, and \$.35 milk. This institution is an equal opportunity provider and employer.

## Elementary Breakfast Menu - May 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup</p>	<p>3</p> <p>Egg &amp; Cheese Sandwich Banana Juice Cup</p> 	<p>4</p> <p>Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice Cup</p>	<p>5</p> <p>Mini Donuts Hard-Cooked Egg Applesauce Cup Juice Cup</p>	<p>6</p> <p>Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup</p>
<p>9</p> <p>Banana Bread Margarine Orange Wedges Juice Cup</p> 	<p>10</p> <p>Breakfast Bagel Pizza Cinn Graham Squares Applesauce Cup Juice Cup</p>	<p>11</p> <p>Trix Cereal Bar Cocoa Krispies Bar Hard-Cooked Egg Banana  Juice</p>	<p>12</p> <p>Mini Blueberry Waffles Grapes Juice Cup</p> 	<p>13</p> <p>Strawberry Pop-Tart Cinn Graham Squares Apple Slices Juice Cup</p>
<p>16</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup</p>	<p>17</p> <p>Bacon Scramble Pizza Banana Juice Cup</p> 	<p>18</p> <p>Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice Cup</p>	<p>19</p> <p>Mini Pancakes Flavored Applesauce Cup Juice Cup</p> 	<p>20</p> <p>Breakfast Bun Apple Slices Juice Cup</p> 
<p>23</p> <p>Double Chocolate Muffin Margarine Cinn Graham Squares Grapes Juice Cup</p> 	<p>24</p> <p>Egg &amp; Cheese Sandwich Grapes Juice Cup</p>	<p>25</p> <p>Banana Bread Margarine Orange Wedges Juice Cup</p>	<p>26</p> <p>Chocolate Chip Waffle Mini Blueberry Waffles Apple Slices Juice Cup</p>	<p>27</p> <p>Trix Cereal Krave Cereal Pouch Cinnamon Toast Crunch Cinn Graham Squares Banana Juice Cup</p>
<p>30</p> <p><b>NO SCHOOL</b></p> 	<p>31</p> <p>Breakfast Taco Cinn Graham Squares Banana Juice Cup</p>	<p>June 1</p> <p>Cocoa Krispies Bar Trix Cereal Bar Hard-Cooked Egg Apple Slices Juice Cup</p> 	<p>2</p> <p>Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Cup</p>	<p>3</p> <p>Cinnamon Toast Crunch Krave Cereal Pouch Trix Cereal Cinn Graham Squares Orange Wedges Juice Cup</p> 
<p>6</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup</p> 	<p>7</p> <p>Mini Donuts String Cheese Apple Slices Juice Cup</p>	<p>8</p> <p>Muffin/Quick Bread/Variety Applesauce Juice Cup</p>		

## Fun Recipes

Recipes and activities published by  
the Watermelon Promotion Board  
at this watermelon.org site  
[http://www.watermelon.org/  
Educators/TeacherToolkit](http://www.watermelon.org/Educators/TeacherToolkit)



# Melon Math

Solve the subtraction problems. Use the code to find the matching letter for each answer. Write letters on lines below.

Code	3	8	6	5	7	4	1	2
	D	L	S	I	U	E	C	O

WATERMELON IS...

7	10	9	6	5	10	4	8	9
-4	-6	-1	-1	-4	-5	-2	-1	-3
—	—	—	—	—	—	—	—	—
—	—	—	—	—	—	—	—	—

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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