












Howard-Suamico School District Menu April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>NO SCHOOL MARCH 30 – APRIL 6</p> 	<p>7</p> <p>WELCOME BACK!</p> <p>Double Stuff Cheese Pizza Tomato Soup/Mini Zestas Cauliflower Baby Carrots/Dip Pears Mixed Fruit</p>	<p>8</p> <p>Diced Chicken in Gravy Mashed Potatoes Bread Stick Broccoli Mandarin Oranges Grapes Salad Bar</p> 	<p>9</p> <p>Chili with Macaroni & Cinnamon Roll</p> <p>FIGARO'S@ SUAMICO & BAY HARBOR</p> <p>Corn Crunchy Cukes/Dip Pineapple Banana</p> 	<p>10</p> <p>Chicken Patty/Bun Green Beans Baby Carrots/Dip Peaches Birthday Fruit Ice Strawberry Milk</p> <p>HAPPY BIRTHDAY, APRIL BABIES!</p>
<p>13</p> <p>BURGER SUPREME:</p> <p>Hamburger/Bun Cheese Slice Lettuce, Tomato, Onions, Pickles Baked Beans Crunchy Cukes/Dip Pears Pineapple</p>	<p>14</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Broccoli Peaches Grapes Salad Bar</p> 	<p>15</p> <p>NACHO GRANDE:</p> <p>Nacho Chips with Meat & Cheese Sauce Lettuce, Tomato, Salsa, Black Olives & Sour Cream Refried Beans Corn Mixed Fruit Mandarin Oranges</p> 	<p>16</p> <p>BRUNCH FOR LUNCH:</p> <p>Ham French Toast Sticks Mini Tri Taters Jicama Sticks/Dip Strawberries Applesauce</p> 	<p>17</p> <p>Real Slice Cheese Pizza Peas Raw Veggies/Dip Peaches Apple Slices</p>
<p>20</p> <p>Chicken Nuggets Bread Slice Vanilla SweetPotato Fries Crunchy Cukes/Dip Mixed Fruit Grapes</p> 	<p>21</p> <p>Hot Dog on a Bun OR Sub Sandwich</p> <p>Lettuce, Tomato, Onions Onions, Pickle Relish Baked Beans Baby Carrots/Dip Pineapple Orange Wedges</p>	<p>22</p> <p>Portesi Cheese Fries with Marinara Broccoli Pears Apple Slices Salad Bar</p> 	<p>23</p> <p>Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Banana Mixed Fruit Tropical Twist Juice Box</p>	<p>24</p> <p>Lasagna Bake Garlic Toast Cauliflower Crunchy Cukes/Dip Peaches Pears Snickerdoodle Cookie</p>
<p>27</p> <p>Mini Corn Dogs Baked Beans Raw Veggies/Dip Applesauce Strawberries</p> 	<p>28</p> <p>Spaghetti with Meat Sauce & Garlic Toast</p> <p>FIGARO'S @ FOREST GLEN</p> <p>Broccoli & Cauliflower Peaches Pineapple Salad Bar</p>	<p>29</p> <p>2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Mixed Fruit Pears</p> 	<p>30</p> <p>Salisbury Steak in Gravy with Bread Slice</p> <p>FIGARO'S@ HOWARD & MEADOWBROOK</p> <p>Mashed Potatoes Peas & Carrots Pineapple Grapes</p> 	



DARK GREENS

Dark greens have a lot of vitamins and minerals such as iron, calcium, vitamin C, and vitamin K. Iron carries oxygen from our lungs and throughout our bodies.



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MAKE A SUPER SALAD!

Create a salad you would like to eat for dinner.
















1. Add your favorite dark greens to the bowl.
2. Top your greens with your



Alternate entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price is \$1.90 for grades K-4, \$2.10 for 5-8, \$.40 reduced price, and \$.35 milk.

Howard-Suamico School District Breakfast Menu - April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
6 NO SCHOOL 	7 Cinnamon Toast Crunch Cinnamon Graham Crax Applesauce Cup Juice 	8 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	9 Pancake Wrapped Sausage Banana Juice 	10 Chocolate Chip Muffin Orange Wedges Juice
13 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	14 Breakfast Taco Salsa or Ranch Dressing Banana Juice 	15 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	16 Cinn Glazed French Toast Applesauce Cup Juice 	17 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice 
20 Banana Bread Orange Wedges Juice 	21 Breakfast Bagel Pizza Banana Juice 	22 Trix Cereal Bar Hard-Cooked Egg Banana Juice 	23 Mini Blueberry Waffles Grapes Juice 	24 Strawberry Pop-Tart Apple Slices Juice
27 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	28 Egg & Cheese Sandwich Banana Juice 	29 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	30 Mini Pancakes Flavored Applesauce Cup Juice 	

Eat your vegetables

Circle all meals that have dark greens in them.

1. How many did you find?
2. What is one thing you learned about dark greens?
3. What is your favorite dark green?

Dark green word search

Find the words below in the word search. Each word is a different type of dark green.

Word List

Arugula	Chard
Collard	Kale
Lettuce	Spinach

E H C M J D V H
 C C D H M F A C
 Z K U W A L O A
 K R J T U R F N
 A F Z G T B D I
 L M U G H E W P
 E R D M E Q L S
 A C O L L A R D

Also 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.