













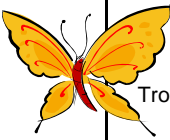
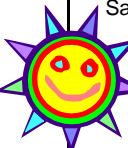

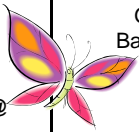


# Howard-Suamico School District Menu April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>APRIL FOOL'S MENU:</b> Chicken Giggles Roly Poly Roll Potato Smiles Green Beans Grins Just Peachy Peaches Apple Smiles Birthday Cupcake Strawberry Milk Choice <b>HAPPY BIRTHDAY,            APRIL BABIES!</b>
<b>4</b> Mini Corn Dogs Baked Beans Raw Veggies/Dip Pineapple Applesauce 	<b>5</b> Diced Chicken in Gravy Mashed Potatoes Chocolate Chip Muffin Broccoli Mandarin Oranges Grapes  <b>PIZZA SCHMIZZA @            BAY HARBOR &amp; SUAMICO</b>	<b>6</b> Lotsa Mozza Sticks Tomato Soup Cauliflower Baby Carrots/Dip Pears Mixed Fruit Salad Bar 	<b>7</b> <b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks Mini Tri Taters Fresh Cucumber Slices Applesauce Strawberries 	<b>8</b> Chicken Patty on a Bun Lettuce & Tomato Green Beans Raw Veggies/Dip Pears Peaches 
<b>11</b> <b>DELUXE BURGER:</b> Hamburger on a Bun Cheese Slice Lettuce & Tomato Baked Beans Crispy Cukes/Dip Pineapple Mixed Fruit 	<b>12</b> Chicken Tenders Ranch or BBQ Sauce Dinner Roll Peas & Carrots Jicama Mandarin Oranges Banana	<b>13</b> <b>NACHO GRANDE:</b> Nachos with Meat & Cheese Sauce Lettuce & Tomato Salsa, Black Olives Sour Cream Refried Beans Corn Pears Peaches 	<b>14</b> Real Slice Cheese Pizza California Veggies Pasta Salad Pineapple Grapes Salad Bar 	<b>15</b> Chili with Macaroni & Bosco Cheese Stick Raw Veggies/Dip Mixed Fruit Apple Slices 
<b>18</b> Chicken Nuggets Ranch or BBQ Sauce Bread Slice Vanilla Sweet Potato Fry Crispy Cukes/Dip Peaches Applesauce 	<b>19</b> Deli Turkey & Cheese OR Hot Dog on a Bun Onions & Pickle Relish Baked Beans Baby Carrots/Dip Pineapple Orange Wedges 	<b>20</b> Portesi Cheese Fries with Marinara Sauce Broccoli Pears Apple Slices Salad Bar 	<b>21</b> <b>MUNCH A LUNCH:</b> Yogurt & String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Banana Mixed Fruit Tropical Twist Juice Box 	<b>22</b> Lasagna Bake OR Chicken Chili Crispito Garlic Toast Green Beans Carrots/Dip Peaches Pears Chocolate Chip Cookie
<b>25</b> Mini Corn Dogs Baked Beans Raw Veggies/Dip Pineapple Applesauce 	<b>26</b> Salisbury Steak in Gravy Mashed Potatoes Bread Slice Peas & Carrots Pears Grapes <b>PIZZA SCHMIZZA @            Howard &amp; Meadowbrook</b>	<b>27</b> 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Sour Cream Black Beans Corn Pineapple Banana	<b>28</b> Spaghetti & Meat Sauce Garlic Toast Broccoli & Cauliflower Mixed Fruit Pears Salad Bar  <b>PIZZA SCHMIZZA @            FOREST GLEN</b>	<b>29</b> Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Baby Carrots/Dip Peaches Applesauce 



## Farm to School

Spring is a great time to find a local hydroponic farm growing leafy greens indoors. Remember the darker the green the better it is for your body!




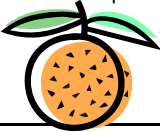









## Eat your Vegetables

How many items on the menu have greens in them? Circle each menu item.

- How many did you find?
- What is your favorite leafy green?
- How many times will you get the salad bar this month?
- What are your favorite salad toppings?

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 - April 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup 
4 Banana Bread Margarine Orange Wedges Juice Cup 	5 Breakfast Bagel Pizza Cinn Graham Squares Applesauce Juice Cup	6 Trix Cereal Bar Hard-Cooked Egg Banana Juice Cup 	7 Mini Blueberry Waffles Grapes Juice Cup 	8 <b>*NEW ITEM*</b> Mini Chocolate Donuts Apple Slices Juice Cup
11 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup 	12 Egg & Cheese Sandwich Banana Juice Cup	13 Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice Cup	14 Mini Pancakes Applesauce Juice Cup 	15 Breakfast Bun Apple Slices Juice Cup
18 Fudge Pop-Tart Cinn Graham Squares Applesauce Juice Cup	19 Bacon Scramble Pizza Grapes Juice Cup 	20 Zucchini Bread Margarine Orange Wedges Juice Cup 	21 Chocolate Chip Waffle Apple Slices Juice Cup	22 Trix Cereal Cinn Graham Squares Banana Juice Cup 
25 Double Chocolate Muffin Margarine Cinn Graham Squares Grapes Juice Cup 	26 Breakfast Taco Cinn Graham Squares Banana Juice Cup	27 Fruit Smoothie Vanilla Bear Grahams Apple Slices Juice Cup	28 Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Cup 	29 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice Cup

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.

## SALAD SCRAMBLE

See how many new words you can make from the letters in SALAD GREENS.

(Example: sad, gas)

---



---



---



---



---



---



---



---

How many words did you make?

---

## Make a Super Salad

Eating a salad is a great way to get the vegetables you need to grow and be strong and healthy. Create a salad that you would like to eat for dinner.

First add healthy salad greens to the bowl, and then add your favorite salad toppings. Make sure most of your topping are fruits and veggies!

