

# Howard-Suamico K-8 Lunch Menu December 2016

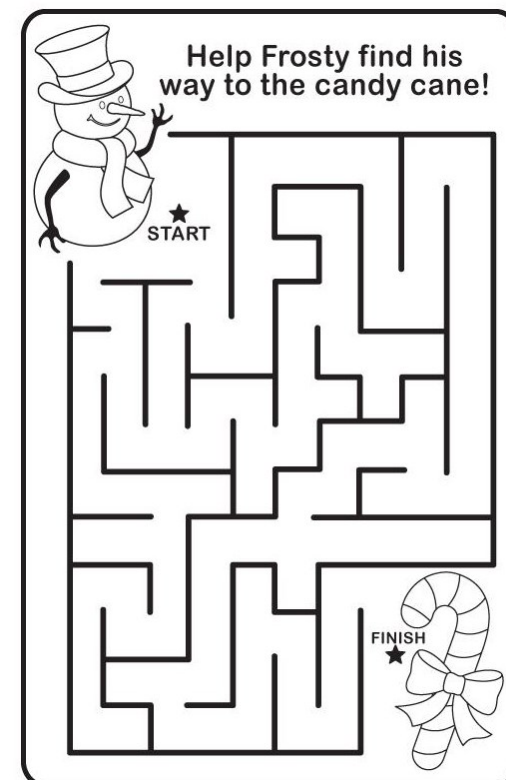
Grinch Hats—Healthy Classroom Treat!












Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salisbury Steak in Gravy Mashed Potatoes Double Chocolate Muffin Peas & Carrots Pears Grapes  Pizza Schmizza @ Howard & Meadowbrook	2 Mini Corn Dogs Broccoli Baby Carrots & Dip Applesauce Peaches Birthday Cupcake Strawberry Milk  <b>HAPPY BIRTHDAY DECEMBER BABIES!</b>
5 Chicken Patty on a Bun Lettuce & Tomato Baked Beans Raw Veggies/Dip Pears Peaches	6 Nachos with Meat & Cheese Sauce Lettuce, Tomato Black Olives, Salsa Sour Cream Refried Beans Corn Pineapple Banana	7 Max Sticks Homemade Chicken Noodle Soup Crackers Smile Shaped Potatoes Peaches Mandarin Oranges Salad Bar   <b>WI WEDNESDAY</b>	8 <b>MUNCH A LUNCH</b> Trix Yogurt String Cheese Soft Pretzel w/ Cheese Sauce Raw Veggies/Dip Apple Slices Pineapple Tropical Twist Juice Box	9 Sloppy Joe on a Bun <b>OR</b> Fish Nuggets with Dinner Roll Broccoli Baby Carrots/Dip Apple Slices
12 Hamburger on a Bun Cheese Slice Lettuce & Tomato Onion & Pickle Broccoli & Cauliflower Cucumbers/Dip Peaches Pears	13 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Clementine Orange Pineapple  Pizza Schmizza @ Bay Harbor & Suamico	14 Spaghetti with Meat Sauce Garlic Toast Broccoli Pineapple Pears Salad Bar  Pizza Schmizza @ Forest Glen	15 <b>BRUNCH FOR LUNCH</b> Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Cucumbers, Baby Carrots/Dip Applesauce Strawberries	16 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Raw Veggies/Dip Peaches Mixed Fruit
19 Hot Dog on a Bun Onion & Relish Baked Beans Baby Carrots & Dip Peaches Apple Slices  	20 Stuffed Crust Cheese Pizza Broccoli Mixed Fruit Peaches Salad Bar	21 <b>BUILD A SNOWMAN</b> Snowman Shaped Pretzel Snowballs (Meatballs) with Marinara Sauce Carrot & Celery Stick Arms Snowy White Dip Grape Buttons Festive Holiday Fruit Ice	22 Tree Shaped Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Baked Beans Cucumbers/Dip Mixed Fruit Applesauce Holiday Cookie	23 <b>NO SCHOOL</b>  
26 <b>Winter Break: Dec. 23-Jan 2 Happy Holiday's!</b>	Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8; \$.40 reduced price, and \$.35 milk. Menu is subject to change. This institution is an equal opportunity provider and employer.  			

## Wisconsin Wednesdays – New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of December we are featuring **Homemade Chicken Noodle Soup** with carrots from DJ's Produce in Hortonville, chicken from Brakebush in Westfield, smile shaped potatoes grown and produced from McCain in Plover, and produce on the salad bar from local farmers.



# Howard-Suamico Elementary Breakfast Menu - December 2016

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancake Wrapped Sausage Applesauce Juice Cup 	2 Strawberry Pop-Tart Cinnamon Graham Squares Apple Slices Milk Choice Juice Cup
5 Zucchini Bread Margarine Applesauce Juice Cup	6 Mini Chocolate Chip French Toast Banana Juice Cup	7 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup 	8 Mini Strawberry Pancakes Orange Wedges Juice Cup	9 Mini Chocolate Donuts Apple Slices Juice Cup
12 Cinnamon Toast Crunch Cinnamon Graham Squares Applesauce Juice Cup	13 Breakfast Grab Wrap Salsa or Ranch Dressing Orange Wedges Juice Cup	14 Pumpkin Chocolate Chip Square Margarine Cinnamon Graham Squares Grapes Juice Cup	15 Mini Cinnamon Donuts String Cheese Banana Juice Cup	16 Krave Cereal Pouch Cinnamon Graham Squares Apple Slices Juice Cup
19 Breakfast Bread Margarine Applesauce Juice Cup	20 Bacon Scramble Pizza Grapes Juice Cup 	21 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup 	22 Chocolate Chip Waffle Applesauce Juice Cup	23 <b>NO SCHOOL</b> 
26 <b>Winter Break: Dec. 23-Jan 2 Happy Holiday's!</b>				

Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.30 for grades K-4, \$1:40 for grades 5-12; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer.

## Harvest of the Month: Winter Squash

Did you know there are 12 varieties of winter squash?! From pumpkin and butternut to acorn and spaghetti.

Winter squash is an excellent source of vitamins A, B, C, and K, fiber, magnesium, and potassium. There are many ways to prepare this vegetable and you can even eat the seeds!



**Spaghetti Squash with Marinara**

### Ingredients

- 2 whole spaghetti squash
- 1/4 cup extra-virgin olive oil
- Salt and freshly ground black pepper
- 4 cups prepared (jarred) marinara sauce

### Directions

Preheat the oven to 450 degrees F. Split the squashes in half and scrape out seeds. Line an oven tray with aluminum foil. Season the spaghetti squash with olive oil, salt, and pepper. Place flesh side down and roast for 30 to 40 minutes until fully cooked. Remove from the oven and let rest until cool enough to handle. Meanwhile, heat the marinara sauce in a large sauté pan. When squash is cool enough to handle, using a large kitchen spoon scrape the strands of squash from the inside of the skin. Toss the spaghetti squash in the pan with the hot marinara for just long enough to get hot. Serve and enjoy!