













Howard-Suamico School District Menu December 2012











Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>3</p> <p>Chicken Patty on a Bun Mayonnaise, Ketchup Shoestring Fries Baked Beans Raw Veggies/dip Pears, Peaches Chocolate Skim Milk</p>	<p>4</p> <p>Spaghetti with Meat Sauce Bread Stick Broccoli, Mixed Fruit Pineapple, Salad Bar Chocolate Skim Milk FIGARO'S @ HOWARD & MEADOWBROOK</p> 	<p>5</p> <p>Real Slice Cheese Pizza Cauliflower Sugar Snap Peas Peaches Grapes Chocolate Pudding Chocolate Skim Milk</p>	<p>6</p> <p>Salisbury Steak in Gravy Dinner Roll Mashed Potatoes Green Beans Pineapple, Banana Chocolate Skim Milk FIGARO'S @ SUAMICO & BAY HARBOR</p> 	<p>7</p> <p>Mini Corn Dogs Mustard, Ketchup Corn Baby Carrots and Dip Mandarin Oranges Apple Slices Birthday Fruit Ice Strawberry Skim Milk HAPPY BIRTHDAY DECEMBER BABIES!</p> 	<p>Calories 683 Cholesterol 33 mg Sodium 1253 mg Dietary Fiber 10.03 g Iron 4.93 mg Calcium 499.81 mg Vitamin A 4687 IU Vitamin C 50.52 mg Protein 28.53 g 16.7% Carbohydrate 106.72 g 62.5% Total Fat 16.88 g 22.3% Saturated Fat 3.99 g 5.3%</p>
<p>10</p> <p>Chicken Nuggets Ranch or BBQ Sauce Seasoned Rice Baked Beans Raw Veggies/dip Mixed Fruit Applesauce Chocolate Skim Milk</p> 	<p>11</p> <p>2 Soft Shell Tacos with Taco Meat Cheddar Cheese Sour Cream, Salsa Shredded Romaine, Tomato, Black Beans Corn Pineapple, Pears Chocolate Skim Milk</p> 	<p>12</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Baby Carrots and Dip Strawberries, Applesauce Chocolate Skim Milk</p>	<p>13</p> <p>Diced Chicken in Gravy Mashed Potatoes Green Beans Applesauce Mandarin Oranges Salad Bar Iced Cinn Roll Chocolate Skim Milk</p> 	<p>14</p> <p>Chili with Cheesy Macaroni Cauliflower Yam Sticks and Dip Banana Holiday Fruit Ice Chocolate Skim Milk</p>	<p>Calories 734 Cholesterol 42 mg Sodium 1624 mg Dietary Fiber 8.72 g Iron 3.82 mg Calcium 486.31 mg Vitamin A 3786 IU Vitamin C 47.99 mg Protein 33.12 g 18.0% Carbohydrate 115.13 g 62.7% Total Fat 17.06 g 20.9% Saturated Fat 3.34 g 4.1%</p>
<p>17</p> <p>Tree Shaped Chicken Nuggets Ranch or BBQ Sauce Vanilla Sweet Potato Fry Green Beans Applesauce Pears Holiday Cookie Chocolate Skim Milk</p>	<p>18</p> <p>Portesi Cheese Fries Pizza Sauce Cauliflower Baby Carrots and Dip Pineapple Mixed Fruit Chocolate Skim Milk</p> 	<p>19</p> <p>Tomato Soup String Cheese Snowman Soft Pretzel Cheese Sauce Raw Veggies/dip Pears Peaches Chocolate Skim Milk</p>	<p>20</p> <p>Lasagna Dinner Bread Stick Broccoli Pineapple Mixed Fruit Salad Bar Chocolate Skim Milk FIGARO'S @ FOREST GLEN</p>	<p>21</p> <p>Hot Dog on a Bun Ketchup, Mustard Corn Black Beans Mandarin Oranges Pears Chocolate Skim Milk</p>	<p>Calories 684 Cholesterol 32 mg Sodium 1390 mg Dietary Fiber 8.52 g Iron 4.90 mg Calcium 547.83 mg Vitamin A 4236 IU Vitamin C 29.84 mg Protein 29.62 g 17.3% Carbohydrate 104.66 g 61.2% Total Fat 16.81 g 22.1% Saturated Fat 4.03 g 5.3%</p>
<p>24</p> <p>NO SCHOOL</p> 	<p>25</p> <p style="text-align: center;">WINTER BREAK</p>	<p>26</p> <p style="text-align: center;">HAPPY HOLIDAYS!</p>		<p>28</p> 	<p>Calories 0 Cholesterol 0 mg Sodium 0 mg Dietary Fiber 0.00 g Iron 0.00 mg Calcium 0.00 mg Vitamin A 0 IU Vitamin C 0.00 mg Protein 0.00 g 0.0% Carbohydrate 0.00 g 0.0% Total Fat 0.00 g 0.0% Saturated Fat 0.00 g 0.0%</p>

An alternative will be offered in place of the menued entree. Milk choice includes 1%, chocolate skim, or skim. Nutrition information is based on first entree when more than one is offered. Menu is subject to change. Meal prices for K-4 - \$1.75 & 5-8th - \$2.00. Free/Reduced meal applications are available on the district website: www.hssd.k12.wi.us/foodservices



Howard-Suamico School District Breakfast Menu - December 2012



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg	
<p>3</p> <p>Trix Yogurt Honey Nut Sunflower Seeds Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>4</p> <p>Breakfast Bagel Pizza Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>5</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p>	<p>6</p> <p>Mini Pancakes Cinn Graham Squares Banana 1% Milk</p> 	<p>7</p> <p>Cinnamon Toast Crunch Choc Graham Bears Cinn Graham Squares Grapes 1% Milk</p> 	<p>Calories 451 Cholesterol 17 mg Sodium 553 mg Dietary Fiber 2.77 g Iron 2.99 mg Calcium 438.86 mg Vitamin A 1662 IU Vitamin C 21.37 mg Protein 15.74 g 14.0% Carbohydrate 69.32 g 61.4% Total Fat 13.49 g 26.9% Saturated Fat 3.74 g 7.5%</p>	
<p>10</p> <p>Banana Bread & Margarine Orange Wedges 1% Milk</p> 	<p>11</p> <p>Cinn Glazed French Toast Cinn Graham Squares Applesauce 1% Milk</p>	<p>12</p> <p>Hard-Cooked Egg Goldfish Crackers Cinn Graham Squares Grapes 1% Milk</p> 	<p>13</p> <p>Mini Blueberry Waffles Cinn Graham Squares Banana 1% Milk</p>	<p>14</p> <p>Strawberry Pop-Tart Animal Crackers Apple Slices 1% Milk</p> 		<p>Calories 480 Cholesterol 76 mg Sodium 449 mg Dietary Fiber 4.53 g Iron 2.19 mg Calcium 392.85 mg Vitamin A 1005 IU Vitamin C 21.92 mg Protein 15.47 g 12.9% Carbohydrate 78.18 g 65.2% Total Fat 13.32 g 25.0% Saturated Fat 4.18 g 7.8%</p>
<p>17</p> <p>Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk</p> 	<p>18</p> <p>Glazed Pancakes Cinn Graham Squares Banana 1% Milk</p> 	<p>19</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Apple Slices 1% Milk</p> 	<p>20</p> <p>Cheese Quesadilla Pocket Salsa or Ranch Dressing Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>21</p> <p>Fruit Loops Cereal Cheese Stick & Wheat Crackers Applesauce 1% Milk</p> 		<p>Calories 459 Cholesterol 28 mg Sodium 567 mg Dietary Fiber 3.89 g Iron 2.79 mg Calcium 508.50 mg Vitamin A 1730 IU Vitamin C 23.37 mg Protein 16.36 g 14.3% Carbohydrate 71.55 g 62.4% Total Fat 12.84 g 25.2% Saturated Fat 4.90 g 9.6%</p>

Includes a choice of 1%, Chocolate skim or skim milk. Entree choice will be offered daily. Menu is subject to change.
Breakfast is free to all who qualify for free OR reduced meals! Regular breakfast price for K-4: \$1.20, 5th - 12th: \$1.30.