

Howard-Suamico School District Menu December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on a Bun Tater Tots Raw Veggies/Dip Pears Peaches 	2 Salisbury Steak in Gravy Mashed Potatoes Bread Slice Green Beans Mandarin Oranges Banana FIGARO'S at SUAMICO & BAY HARBOR	3 Spaghetti with Meat Sauce Bread Stick Broccoli Mixed Fruit Pineapple Salad Bar FIGARO'S at HOWARD & MEADOWBROOK	4 Real Slice Cheese Pizza Cauliflower Sugar Snap Peas/Dip Peaches Grapes Strawberry Shortcake Cake Cookie 	5 Mini Corn Dogs Baked Beans Baby Carrots/Dip Mandarin Oranges Pears Birthday Fruit Ice HAPPY BIRTHDAY, DECEMBER BABIES!
8 GREEN & GOLD TAILGATE – GO PACK! Hot Dog on a Bun Shoestring Fries with Cheese Sauce Green & Gold Beans Green Apple Slices Banana	9 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Peas & Carrots Peaches Mixed Fruit Salad Bar FIGARO'S at FOREST GLEN 	10 Ham French Toast Sticks/Syrup Mini Tri Taters Fresh Cucumber Slices Strawberries Applesauce 	11 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Pineapple Pears 	12 Chicken Nuggets Ranch or BBQ Sauce Seasoned Rice Broccoli Raw Veggies/Dip Mixed Fruit Applesauce
15 Hamburger on a Bun Lettuce & Tomato Green Beans Yam Sticks/Dip Pears Peaches 	16 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Peas & Carrots Jicama Sticks/Dip Mandarin Oranges Applesauce	17 Nacho Chips with Meat & Cheese Sauce Lettuce, Tomato Salsa, Refried Beans Sour Cream, Black Olives Corn Pineapple Peaches 	18 Portesi Cheese Fries Pizza Sauce Broccoli Pears Mixed Fruit Salad Bar	19 Chili with Macaroni Bread Stick Cauliflower Fresh Cucumber Slices/Dip Dip Mandarin Oranges Banana 
22 BUILD-A-SNOWMAN Soft Pretzel Snowman Meatball Snowballs Marinara Sauce Baby Carrot Noses Celery Stick Arms Snow White Dip Grape Buttons Festive Fruit Ice	23 HOLIDAY TREE NUGGETS Ranch or BBQ Sauce Rice Broccoli Baked Beans Applesauce Clementine Orange Holiday Cookie 	 Be sure to try the dried fruit being sampled on the salad bar and in special salads planned this month.	HAPPY HOLIDAYS! 	



Dried Fruit

Dried fruits are a good source of potassium and fiber. Potassium is a mineral that helps your brain tell your muscles when to move, and fiber helps you feel full and move food through your body.

EAT YOUR FRUITS

Circle all meals with dried or canned fruit. Underline all meals with 100% fruit juice.













- How many meals did you find?
- What is your favorite kid of dried fruit?
- Draw a star next to the meals you plan to eat this month.

Alternative entree offered daily. Milk choices include 1%, skim, and fat-free chocolate.
 Lunch price: \$1.90 K-4th;
 \$2.10 5th-8th;
 \$.40 reduced price.
 Menu is subject to change.
 Visit www.hssd.k12.wi.us/foodservices for more information.



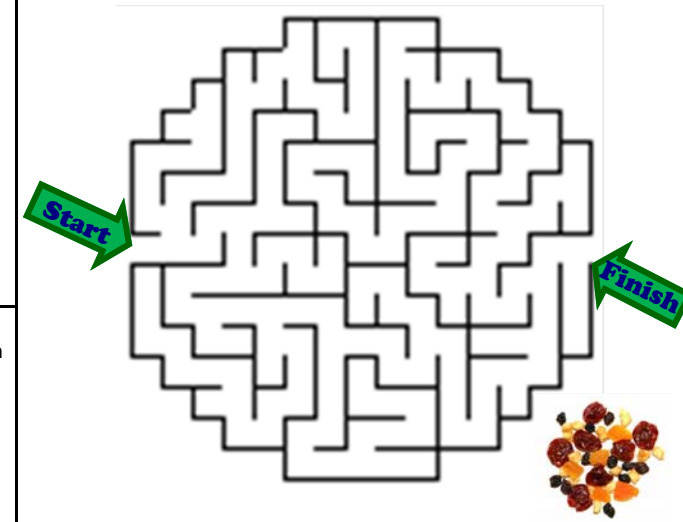
WINTER BREAK DECEMBER 24 - JANUARY 2

Elementary Breakfast Menu - December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Pop-Tart Flavored Applesauce Cup Juice 	2 Bacon Scramble Pizza Grapes Juice	3 Banana Bread Margarine Orange Wedges Juice 	4 Chocolate Chip Waffle Apple Slices Juice 	5 Trix Cereal Cinn Graham Squares Banana Juice
8 Muffin Grapes Juice 	9 Breakfast Taco Salsa & Ranch Dressing Flavored Applesauce Cup Juice	10 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	11 Pancake Wrapped Sausage Banana Juice	12 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice 
15 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	16 Egg & Cheese Sandwich Banana Juice 	17 Pumpkin Muffin Square Cheese Stick Orange Wedges Juice	18 Cinn Glazed French Toast Flavored Applesauce Cup Juice	19 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice 
22 Banana Bread Margarine Orange Wedges Juice 	23 Breakfast Bagel Pizza Banana Juice 			

DRIED FRUIT MAZE

Reach the dried fruit by finding your way through the maze!



DRIED FRUIT SCRAMBLE

Oh no! The names of these popular dried fruit varieties are scrambled. Unscramble the letters to reveal the correct names of the dried fruit.

cranberry fig grape
apricot plum date

pmul _____

ricocpa _____

gfi _____

rebranyrc _____

prage _____

teda _____