

Howard-Suamico School District Menu December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury Steak in Gravy Mashed Potatoes Chocolate Muffin Broccoli Mixed Fruit Grapes PIZZA SCHMIZZA at BAY HARBOR & SUAMICO	2 Spaghetti with Meat Sauce Bread Stick Cauliflower Peaches Mandarin Oranges Salad Bar PIZZA SCHMIZZA at FOREST GLEN 	3 GO PACK!!! Cheesehead Chili Dog: Hot Dog on a Bun with Chili & Cheese First String Fries Quarterback Snap Peas/ Dip Golden Pineapple Green Apple Slices	4 Portesi Cheese Fries Marinara/Pizza Sauce Blend Raw Veggies/Dip Mixed Fruit Clementine Oranges Birthday Fruit Ice Strawberry Milk HAPPY BIRTHDAY, DECEMBER BABIES!
7 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Baby Carrots/Dip Applesauce	8 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Mixed Fruit Pineapple 	9 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Mandarin Oranges Grapes	10 Real Slice Cheese Pizza California Veggies Peaches Apple Slices Salad Bar 	11 Chicken Patty on a Bun Lettuce, Tomato Green Beans Crispy Cukes/Dip Banana Mixed Fruit
14 Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickles Cauliflower Raw Veggies/Dip Mixed Fruit Orange Wedges 	15 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Sweet Potato Dippers/Dip Green Beans Applesauce Grapes	16 Nacho w/Meat & Cheese Sauce Lettuce, Tomato Refried Beans, Salsa, Black Olives Sour Cream Rice Corn Peaches Pineapple 	17 Diced Chicken in Gravy Mashed Potatoes Zucchini Bread Broccoli Baby Carrots Mandarin Oranges Banana Salad Bar PIZZA SCHMIZZA at MEADOWBROOK & HOWARD	18 Hot Dog on a Bun Onions & Pickle Relish Peas & Carrots Crispy Cukes/Dip Pineapple Apple Slices 
21 BUILD A SNOWMAN PRETZEL: Snowman Pretzel & Snowballs (Meatballs) with Marinara Sauce Carrot & Celery Stick Arms & Legs Snowy White Dip Grape Buttons Festive Holiday Fruit Ice	22 Holiday Shaped Chicken Nuggets Ranch or BBQ Sauce Bread Slice Broccoli Baked Beans Applesauce Clementine Orange Holiday Cookie 	23 WINTER BREAK DECEMBER 23 - JANUARY 2	24 	25

Mandarins Oranges

Reasons to Eat Mandarins



One medium mandarin has lots of vitamin C and is a good way to get vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection and getting sick. Your body needs vitamin C every day.

Healthy Serving Ideas

Mandarins are easy to peel and make a great afternoon snack.





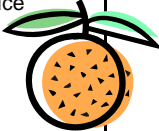





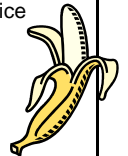


Add mandarin slices to green salads.



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.



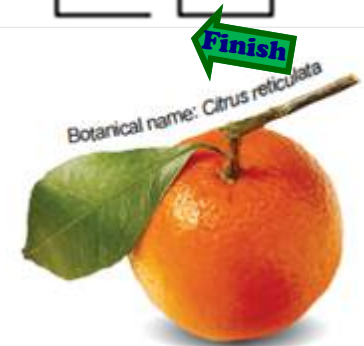
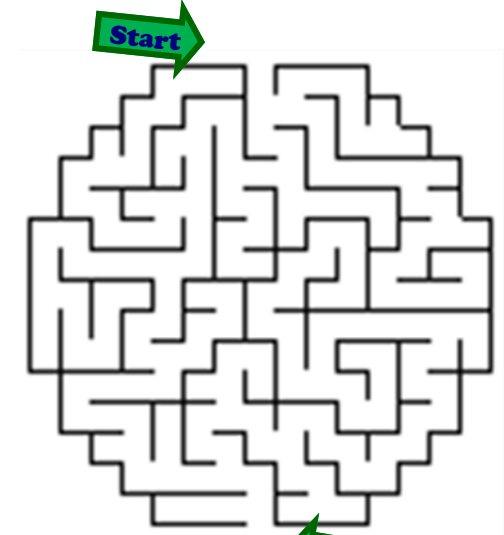
Elementary Breakfast Menu - December 2015

Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Egg & Cheese Sandwich Banana Juice Cup Milk Choice 	2 Pumpkin Choc Chip Square Cheese Stick & Orange Wedges Juice Cup Milk Choice 	3 Cinn Glazed French Toast Applesauce Cup Juice Cup Milk Choice	4 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup Milk Choice 		
7 Banana Bread Margarine Orange Wedges Juice Cup Milk Choice 	8 Breakfast Bagel Pizza Applesauce Cup Juice Cup Milk Choice	9 Glazed Breakfast Roll Banana Juice Cup Milk Choice	10 Mini Blueberry Waffles Grapes Juice Cup Milk Choice 	11 Strawberry Pop-Tart Cinn. Graham Squares Apple Slices Juice Cup Milk Choice 		
14 Trix Yogurt Chocolate Chip Gripz Grapes Juice Cup Milk Choice 	15 Egg & Cheese Sandwich Banana Juice Cup Milk Choice 	16 Pumpkin Choc Chip Square Margarine Cheese Stick & Orange Wedges Juice Cup Milk Choice	17 Mini Pancakes Applesauce Cup Juice Cup Milk Choice 	18 Apple Jacks Cinn Graham Squares Apple Slices Juice Cup Milk Choice		
21 Cinnamon Pop-Tart Cinn Graham Squares Applesauce Cup Juice Cup Milk Choice	22 Bacon Scramble Pizza Grapes Juice Cup Milk Choice	23 			24 	25

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.
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MANDARINS MAZE

Reach the fruit by finding your way through the maze!



MANDARINS

- Circle all meals with citrus fruits in them.
- How many different types of citrus fruits are being served?
 - How many are fresh? Canned? Juices?
 - What is your favorite citrus fruit?