

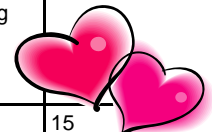


















Howard-Suamico School District Menu February 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>4</p> <p>Hamburger on a Bun Sliced Cheese Ketchup, Mustard Fun-size Pretzel Twists Corn Pasta Salad Raw Veggies & Dip Peaches Pineapple Chocolate Skim Milk</p> 	<p>5</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks & Dip Applesauce Juice Cup Chocolate Skim Milk</p>	<p>6</p> <p>Pepperoni Pizza Broccoli Baby Carrots & Dip Pears Mixed Fruit Chocolate Skim Milk</p> 	<p>7</p> <p>Diced Chicken in Gravy Mashed Potatoes Bread Stick Green Beans Mandarin Oranges Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk</p>	<p>8</p> <p>Mini Corn Dogs Ketchup, Mustard Baked Beans Yam Sticks & Dip Applesauce Grapes Chocolate Skim Milk</p> 	<p>Calories 739 Cholesterol 48 mg Sodium 1482 mg Dietary Fiber 8.36 g Iron 3.80 mg Calcium 526.12 mg Vitamin A 3142 IU Vitamin C 37.46 mg Protein 32.14 g 17.4% Carbohydrate 113.13 g 61.3% Total Fat 18.60 g 22.7% Saturated Fat 4.93 g 6.0%</p>
<p>11</p> <p>CHINESE NEW YEAR Popcorn Chicken Sweet & Sour Sauce Ketchup Rice Fortune Cookie Green Beans Cucumber Slices & Dip Orange Wedges Pineapple Chocolate Skim Milk</p>	<p>12</p> <p>2 Soft Shell Tacos with Taco Meat Cheddar Cheese Sour Cream, Salsa Shredded Lettuce, Tomato Black Beans, Corn Peaches, Pears Chocolate Skim Milk</p>	<p>13</p> <p>Portesi Cheese Fries Pizza Sauce Peas Baby Carrots & Dip Mixed Fruit Banana Chocolate Skim Milk</p> 	<p>14</p> <p>Heart Shape Chix Nuggets Darling Dinner Roll Margarine Ranch or BBQ Sauce Be Mine Baked Beans Cupids Cauliflower Straw-Berry Special Fruit Apple Smiles Heart Cut-Out Cookie Strawberry Skim Milk</p>	<p>15</p> <p>Fish Nuggets w/ Dinner Roll Margarine, Tartar Sauce OR Sloppy Joe on a Bun Cheesy Macaroni Broccoli, Peaches Grapes Salad Bar French or Ranch Dressing Chocolate Skim Milk</p>	<p>Calories 746 Cholesterol 43 mg Sodium 1263 mg Dietary Fiber 10.12 g Iron 3.64 mg Calcium 525.52 mg Vitamin A 3539 IU Vitamin C 37.01 mg Protein 31.77 g 17.0% Carbohydrate 107.58 g 57.7% Total Fat 21.53 g 26.0% Saturated Fat 5.38 g 6.5%</p>
<p>18</p> <p>Chicken Patty on a Bun Mayonnaise, Ketchup Corn Baby Carrots & Dip Pears Apple Slices Chocolate Skim Milk</p> 	<p>19</p> <p>Salisbury Steak in Gravy Mashed Potatoes Iced Cinn Roll Carrots Mandarin Oranges Grapes Chocolate Skim Milk FIGARO'S @ SUAMICO & BAY HARBOR</p>	<p>20</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel W/ Cheese Sauce Raw Veggies & Dip Banana Wango Mango Juice Chocolate Skim Milk</p> 	<p>21</p> <p>Lasagna Dinner Garlic Toast Cauliflower Pears, Peaches Salad Bar French or Ranch Dressing Chocolate Skim Milk FIGARO'S @ HOWARD & MEADOWBROOK</p>	<p>22</p> <p>½ DAY – NO LUNCH</p> 	<p>Calories 682 Cholesterol 36 mg Sodium 1374 mg Dietary Fiber 8.13 g Iron 4.01 mg Calcium 529.78 mg Vitamin A 7170 IU Vitamin C 33.92 mg Protein 30.74 g 18.0% Carbohydrate 106.75 g 62.6% Total Fat 16.89 g 22.3% Saturated Fat 5.02 g 6.6%</p>
<p>25</p> <p>Chicken Nuggets Dinner Roll W/Margarine Ranch or BBQ Sauce Peas & Carrots Fresh Cucumber Slices Mandarin Oranges Pears Chocolate Skim Milk</p> 	<p>26</p> <p>Spaghetti with Meat Sauce Bread Stick Cauliflower Peaches, Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk FIGARO'S @ FOREST GLEN</p>	<p>27</p> <p>Pepperoni Pizza Broccoli Baby Carrots & Dip Mixed Fruit Apple Slices Chocolate Skim Milk</p> 	<p>28</p> <p>NACHO GRANDE: Nacho Chips & Meat Cheese Sauce Sour Cream Black Olives, Salsa Shredded Lettuce, Tomato Refried Beans, Corn Mandarin Oranges Pears Chocolate Skim Milk</p>	<p>1</p> <p>Sam-I-Am Green Eggs & Ham Dr. Seuss Dinner Roll Margarine Grinch's Green Beans Myrtle Turtle's Tater Tots Sneetches Peaches Hunches of Bunches of Grapes Mr. Brown's Brownie Strawberry Skim Milk HAPPY BIRTHDAY DR. SEUSS & MARCH BABIES!</p>	<p>Calories 713 Cholesterol 97 mg Sodium 1224 mg Dietary Fiber 9.53 g Iron 4.14 mg Calcium 522.46 mg Vitamin A 7553 IU Vitamin C 41.58 mg Protein 33.97 g 19.1% Carbohydrate 101.97 g 57.2% Total Fat 19.59 g 24.7% Saturated Fat 5.83 g 7.4%</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 - February 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg			
4 Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk	5 Glazed Pancakes Cinn Graham Squares Banana 1% Milk 	6 Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Apple Slices 1% Milk	7 Cheese Quesadilla Pocket Salsa or Ranch Dressing Cinn Graham Squares Orange Wedges 1% Milk 	8 Fruit Loops Cereal Cheese Stick & Wheat Crackers Applesauce 1% Milk	Calories 457 Cholesterol 28 mg Sodium 571 mg Dietary Fiber 3.89 g Iron 2.71 mg Calcium 500.50 mg Vitamin A 1731 IU Vitamin C 23.77 mg Protein 16.56 g 14.5% Carbohydrate 71.55 g 62.7% Total Fat 12.74 g 25.1% Saturated Fat 4.90 g 9.7%			
11 Chocolate Muffin & Margarine String Cheese & Wheat Crackers Grapes 1% Milk	12 Apple Filled Breadstick Cinn Graham Squares Banana 1% Milk 	13 Fruity Cheerios Bar Cinn Graham Squares Applesauce 1% Milk	14 Breakfast Pastry Square Cinn Graham Squares Apple Slices 1% Milk 	15 Choc Mlni Wheat Cereal All-Sport Graham Bites Cinn Graham Squares Orange Wedges 1% Milk		Calories 467 Cholesterol 19 mg Sodium 483 mg Dietary Fiber 3.93 g Iron 5.91 mg Calcium 422.25 mg Vitamin A 1178 IU Vitamin C 26.60 mg Protein 15.11 g 13.0% Carbohydrate 82.49 g 70.7% Total Fat 11.69 g 22.5% Saturated Fat 4.02 g 7.7%		
18 Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk 	19 Bacon Scramble Pizza Cinn Graham Squares Orange Wedges 1% Milk	20 Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk 	21 Chocolate Chip Waffle Cinn Graham Squares Apple Slices 1% Milk	22 Trix Cereal Animal Crackers Cinn Graham Squares Banana 1% Milk 			Calories 495 Cholesterol 31 mg Sodium 577 mg Dietary Fiber 4.09 g Iron 3.46 mg Calcium 479.51 mg Vitamin A 1776 IU Vitamin C 23.21 mg Protein 16.26 g 13.1% Carbohydrate 79.81 g 64.5% Total Fat 13.27 g 24.1% Saturated Fat 4.86 g 8.8%	
25 Banana Bread Margarine Grapes 1% Milk 	26 Pancake Wrapped Sausage Cinn Graham Squares Applesauce 1% Milk	27 Hard-Cooked Egg Fruity Cheerios Bar Cinn Graham Squares Orange Wedges 1% Milk 	28 Breakfast Taco Salsa or Ranch Dressing Cinn Graham Squares Banana 1% Milk	1 Choc Mlni Wheat Cereal Dino Bites Grahams Cinn Graham Squares Apple Slices 1% Milk 				Calories 481 Cholesterol 50 mg Sodium 565 mg Dietary Fiber 4.53 g Iron 4.64 mg Calcium 408.45 mg Vitamin A 1057 IU Vitamin C 23.76 mg Protein 16.67 g 13.9% Carbohydrate 76.84 g 64.0% Total Fat 13.50 g 25.3% Saturated Fat 4.44 g 8.3%

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.