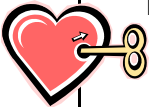













# Howard-Suamico School District Menu February 2015



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Green Beans Raw Veggies/Dip Mixed Fruit Peaches 	3 Salisbury Steak in Gravy OR <b>FIGARO'S@ SUAMICO &amp; BAY HARBOR</b> Mashed Potatoes Dinner Roll Peas & Carrots Pears Apple Slices	4 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Cherries Applesauce 	5 Portesi Cheese Fries Pizza Sauce Corn Mandarin Oranges Mixed Fruit Salad Bar 	6 Chicken Patty on a Bun Broccoli & Cauliflower Baby Carrots/Dip Peas Peaches Strawberry Milk Birthday Fruit Ice <b>HAPPY BIRTHDAY, FEBRUARY BABIES!</b>
9 6 Mini Corn Dogs Green Beans Raw Veggies/Dip Mandarin Oranges Pears 	10 2 Soft Shell Tacos with Taco Meat Cheddar Cheese Sour Cream Salsa Shredded Lettuce Tomato Black Beans Corn Pineapple Grapes	11 <b>MUNCH A LUNCH:</b> Yogurt & String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Banana Juice Box 	12 Spaghetti with Meat Sauce OR <b>FIGARO'S @ FOREST GLEN</b> Bread Stick Broccoli & Cauliflower Peaches Pineapple Salad Bar	13 <b>CUPID'S CUISINE:</b> Heart Chicken Nuggets Ranch or BBQ Sauce Dearest Dinner Roll Be Mine Baked Beans Care-for-You Cucumbers Sweetheart Strawberries Apple Red Smiles Heart Cookie Sweetest Strawberry Milk
16  Hot Dog on a Bun <b>HOM:</b> Potato Salad Broccoli Raw Veggies/Dip Pears Mandarin Oranges Chocolate Pudding	17 <b>MARDI GRAS MENU:</b> Bayou Burger on Bun w/ Pepperjack Cheese Slice Lettuce & Tomato Louisiana Rice with Cajun Beans Carrot Claws/Dip Magical Mixed Fruit Banana 	18 Cheesy Garlic French Bread with Marinara Sauce Green Beans Pineapple Peaches Salad Bar 	19 Diced Chicken in Gravy Mashed Potatoes Cinnamon Roll Corn Mandarin Oranges Grapes	20 <b>NO SCHOOL</b> 
23 <b>CHINESE NEW YEAR MENU:</b> Mandarin Orange Chicken with Rice Fortune Cookie Dinner Roll Broccoli Jicama Sticks Mandarin Oranges Pineapple 	24 Pepperoni Pizza OR <b>FIGARO'S@ HOWARD &amp; MEADOWBROOK</b> Green Beans Pears Applesauce Salad Bar	25 <b>NACHO GRANDE:</b> Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives Refried Beans Corn Peaches Apple Slices	26  Chicken Tenders Dinner Roll <b>HOM:</b> Loaded Baked Potato (top with Cheese, Ranch, and/or Hot Vegetables) Cucumber Slices Mixed Fruit Applesauce 	27 Lotsa Mozza Bread Sticks with Marinara Peas & Carrots Raw Veggies/Dip Pineapple Banana

## POTATOES

A  $\frac{1}{2}$  cup of cooked potatoes is a good way to get vitamin C and niacin. Niacin is a type of B-vitamin that helps your body make energy.



**LIVE 54208 .ORG**

Circle meals that include potatoes.











How many did you find?

How many different ways are potatoes served?

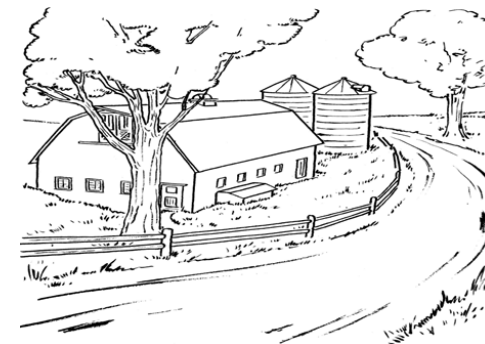
What is your favorite way to eat potatoes?

Alternate entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price is \$1.90 for grades K-4, \$2.10 for 5-8, \$.40 reduced price, and \$.35 milk.

# Elementary Breakfast Menu - February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Banana Bread Orange Wedges Juice 	3 Breakfast Bagel Pizza Banana Juice	4 Trix Cereal Bar Hard-Cooked Egg Banana Juice	5 Mini Blueberry Waffles Grapes Juice 	6 Strawberry Pop-Tart Apple Slices Juice
9 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	10 Egg & Cheese Sandwich Banana Juice 	11 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice	12 Mini Pancakes Applesauce Cup Juice 	13 Apple Jacks Cinn Graham Squares Apple Slices Juice
16 Cinnamon Pop-Tart Applesauce Cup Juice	17 Bacon Scramble Pizza Grapes Juice	18 Banana Bread Orange Wedges Juice 	19 Chocolate Chip Waffle Apple Slices Juice 	20 <b>NO SCHOOL</b>
23 Chocolate Chip Muffin Grapes Juice 	24 Breakfast Taco Salsa or Ranch Dressing Applesauce Cup Juice	25 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	26 Pancake Wrapped Sausage Banana Juice	27 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice 

## Potato Hide & Seek



Color the picture and find the four hidden potatoes!



## Eating the Rainbow

It's important to eat fruits and vegetables of every color. List a fruit and vegetable of every color on the table below. Then try and eat as many of them as you can this week!

	Vegetables	Fruits
Red		
Orange/ Yellow		
Green		
Blue/Purple		
White/Brown		



Includes choice of 1%, fat free chocolate, or skim milk.

Meal price is \$1.25; meal is free to those approved for free or reduced price meals. Menu is subject to change.