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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	1	2 Pepperoni Pizza Broccoli & Cauliflower Pears Mandarin Oranges Dragon Punch Chocolate Skim Milk	3 Chicken Nuggets Dinner Roll Vanilla Sweet Potato Fry Green Beans Peaches, Apple Slices Salad Bar Ranch or French Dressing Chocolate Skim Milk 	4 Mini Corn Dogs Ketchup, Mustard Baked Beans Baby Carrots & Dip Mixed Fruit, Applesauce Birthday Fruit Ice Strawberry Skim Milk HAPPY BIRTHDAY JANUARY BABIES!	Calories 720 Cholesterol 37 mg Sodium 1413 mg Dietary Fiber 11.42 g Iron 3.57 mg Calcium 550.69 mg Vitamin A 4590 IU Vitamin C 51.54 mg Protein 28.58 g 15.9% Carbohydrate 110.27 g 61.3% Total Fat 18.68 g 23.4% Saturated Fat 3.98 g 5.0% 
7 Hamburger on a Bun with Sliced Cheese Ketchup, Mustard Tater Tots Raw Veggies & Dip Peaches Pineapple Chocolate Skim Milk	8 Chicken Strips Ranch Dip or BBQ Sauce Buttery Noodles Green Beans Baby Carrots & Dip Pears Grapes Chocolate Skim Milk 	9 NACHO GRANDE: Nacho Meat & Chips Cheese Sauce, Sour Cream Black Olives, Salsa Shredded Lettuce, Tomato Refried Beans, Corn Mandarin Oranges Apple Slices Chocolate Skim Milk	10 BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Sticks Applesauce Strawberries Chocolate Skim Milk 	11 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk	Calories 729 Cholesterol 53 mg Sodium 1520 mg Dietary Fiber 7.00 g Iron 3.57 mg Calcium 466.51 mg Vitamin A 5498 IU Vitamin C 32.10 mg Protein 31.74 g 17.4% Carbohydrate 105.89 g 58.1% Total Fat 20.74 g 25.6% Saturated Fat 3.77 g 4.7%
14 Tomato Soup with Bosco Stick Broccoli Mixed Fruit Apple Slices Chocolate Pudding Chocolate Skim Milk 	15 2 Soft Shell Tacos with Taco Meat Cheddar Cheese, Sour Cream, Salsa Lettuce, Tomato Black Beans, Corn Pineapple, Grapes Chocolate Skim Milk	16 Portesi Cheese Fries Pizza Sauce Peas & Carrots Jicama Sticks & Dip Applesauce Mixed Fruit Chocolate Skim Milk	17 Spaghetti with Meat Sauce Bread Stick Broccoli & Cauliflower Peaches, Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk FIGARO'S @ SUAMICO & BAY HARBOR	18 Fish Nuggets & Dinner Roll OR Sub Sandwich Tartar Sauce, Pickles, Mayo Baked Beans Raw Veggies & Dip Pears Mandarin Oranges Jiggly Gelatin Square Chocolate Skim Milk 	Calories 673 Cholesterol 31 mg Sodium 1285 mg Dietary Fiber 10.09 g Iron 4.61 mg Calcium 575.90 mg Vitamin A 4410 IU Vitamin C 40.31 mg Protein 32.18 g 19.1% Carbohydrate 104.95 g 62.4% Total Fat 14.76 g 19.8% Saturated Fat 3.04 g 4.1%
21 Chicken Nuggets Ranch Dip, BBQ Sauce Broccoli Baked Beans Mandarin Oranges Pears Chocolate Skim Milk	22 MUNCH A LUNCH: Trix Yogurt, String Cheese Fun Shaped Soft Pretzel with Cheese Sauce Raw Veggies & Dip Banana Wango Mango Juice Chocolate Skim Milk	23 Lasagna Dinner Garlic Toast Cauliflower Peaches, Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk FIGARO'S @ HOWARD & MEADOWBROOK 	24 BBQ Chick Max Snax Salsa or Ranch Dip Corn Baby Carrots Mixed Fruit Apple Slices Chocolate Skim Milk FIGARO'S @ FOREST GLEN	25 NO SCHOOL 	Calories 680 Cholesterol 29 mg Sodium 1481 mg Dietary Fiber 8.71 g Iron 4.07 mg Calcium 590.34 mg Vitamin A 4438 IU Vitamin C 42.75 mg Protein 30.49 g 17.9% Carbohydrate 106.34 g 62.5% Total Fat 16.29 g 21.6% Saturated Fat 3.62 g 4.8%
28 Chicken Patty on a Bun Mayonnaise, Ketchup Baked Beans Baby Carrots & Dip Mixed Fruit Grapes Chocolate Skim Milk	29 NACHO GRANDE: Nacho Meat with Chips & Seasoned Rice Cheese Sauce, Black Olives Sour Cream, Salsa Lettuce, Tomato Refried Beans, Corn Pears, Pineapple Chocolate Skim Milk 	30 Real Slice Cheese Pizza Cauliflower Raw Veggies & Dip Peaches Clementine Orange Chocolate Skim Milk	31 Salisbury Steak in Gravy Mashed Potatoes Cinnamon Roll Carrots Pineapple, Mixed Fruit Salad Bar French or Ranch Dressing Chocolate Skim Milk 	1 SUPER BOWL SPECIAL: Chili-Cheese Dog Shoestring Fries Baby Carrots & Dip Mixed Fruit Apple Slices Birthday Fruit Ice Strawberry Skim Milk HAPPY BIRTHDAY FEBRUARY BABIES!	Calories 748 Cholesterol 36 mg Sodium 1734 mg Dietary Fiber 10.57 g Iron 6.0 mg Calcium 527.9 mg Vitamin A 9629 IU Vitamin C 40.3 mg Protein 31.4 g 16.6% Carbohydrate 112.1 g 60.2% Total Fat 21.0 g 25.2% Saturated Fat 5.1 g 6.1% 

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 - January 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
	<p>HAPPY NEW YEAR!</p>	<p>2 Fruity Cheerios Bar Cinn Graham Squares Applesauce 1% Milk</p>	<p>3 Breakfast Pastry Square Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>4 Choc Mlni Wheat Cereal All-Sport Graham Bites Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>Calories 500 Cholesterol 12 mg Sodium 500 mg Dietary Fiber 6.74 g Iron 7.31 mg Calcium 432.03 mg Vitamin A 1072 IU Vitamin C 35.37 mg Protein 13.48 g 10.8% Carbohydrate 94.63 g 75.7% Total Fat 10.85 g 19.5% Saturated Fat 3.82 g 6.9%</p>
<p>7 Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk</p>	<p>8 Bacon Scramble Pizza Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>9 Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p>	<p>10 Chocolate Chip Waffle Cinn Graham Squares Apple Slices 1% Milk</p>	<p>11 Trix Cereal Animal Crackers Cinn Graham Squares Banana 1% Milk</p> 	<p>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%</p>
<p>14 Zucchini Bread & Margarine Grapes 1% Milk</p> 	<p>15 Pancake Wrapped Sausage Cinn Graham Squares Applesauce 1% Milk</p>	<p>16 Hard-Cooked Egg Fruity Cheerios Bar Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>17 Breakfast Taco Salsa or Ranch Dressing Cinn Graham Squares Banana 1% Milk</p> 	<p>18 Choc Mlni Wheat Cereal Dino Bites Grahams Cinn Graham Squares Apple Slices 1% Milk</p>	<p>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%</p>
<p>21 Trix Yogurt Honey Nut Sunflower Seeds Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>22 Breakfast Bagel Pizza Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>23 Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p> 	<p>24 Mini Pancakes Cinn Graham Squares Banana 1% Milk</p>	<p>25 </p>	<p>Calories 454 Cholesterol 17 mg Sodium 585 mg Dietary Fiber 3.18 g Iron 3.67 mg Calcium 441.52 mg Vitamin A 1728 IU Vitamin C 22.78 mg Protein 16.03 g 14.1% Carbohydrate 69.12 g 60.9% Total Fat 13.79 g 27.3% Saturated Fat 3.95 g 7.8%</p>
<p>28 Banana Bread & Margarine Orange Wedges 1% Milk</p>	<p>29 Cinn Glazed French Toast Cinn Graham Squares Applesauce 1% Milk</p>	<p>30 Hard-Cooked Egg Goldfish Crackers Cinn Graham Squares Grapes 1% Milk</p> 	<p>31 Mini Blueberry Waffles Cinn Graham Squares Banana 1% Milk</p> 	<p>1 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>

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.