













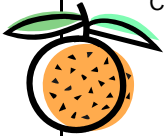










Howard-Suamico School District Menu January 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HAPPY NEW YEAR! 	2 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Sweet Potato Dippers Mixed Fruit Orange Wedges Milk Choice	3  Hamburger Patty/Bun Cheese Slice Baked Beans Baby Carrots/Dip Pears Peaches Birthday Fruit Ice Strawberry Milk Choice HAPPY BIRTHDAY, JANUARY BABIES!
6 Mini Corn Dogs Peas Raw Veggies/Dip Mixed Fruit Applesauce Milk Choice	7 Diced Chicken in Gravy Mashed Potatoes Texas Toast Bread Slice Green Beans Peaches, Pineapple Salad Bar Milk Choice FIGARO'S @ SUAMICO & BAY HARBOR	8  NACHO GRANDE; Nacho Chips with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Refried Beans, Corn Mandarin Oranges Apple Slices Milk Choice	9 BRUNCH FOR LUNCH: Ham French Toast Sticks/Syrup Mini Tri Taters Fresh Cucumber Slices Strawberries Applesauce Milk Choice 	10 Chicken Tenders Ranch or BBQ Sauce Seasoned Rice Broccoli Baby Carrots/Dip Pears Grapes Milk Choice
13 Portesi Cheese Fries Pizza Sauce Green Beans Jicama Sticks Applesauce Mixed Fruit Milk Choice	14  MUNCH A LUNCH; Trix Yogurt String Cheese Soft Pretzel/Cheese Sauce Raw Veggies/Dip Banana Cherry Blend Juice Cup Milk Choice	15 Lasagna Bake Garlic Toast Broccoli & Cauliflower Peaches Mixed Fruit Salad Bar Milk Choice FIGARO'S @ FOREST GLEN	16 Salisbury Steak in Gravy Mashed Potatoes Iced Cinnamon Roll Peas & Carrots Pineapple Grapes Milk Choice 	17 SEASIDE (Fish) Nuggets OR SOUTH OF THE BORDER Chicken Chili Crispitos with Salsa Baked Beans Raw Veggies/Dip, Pears Mandarin Oranges Jiggly Gelatin Cubes Milk Choice
20 Lotsa Mozza Bread Sticks Tomato Soup Raw Veggies/Dip Mixed Fruit Apple Slices Milk Choice	21 TACO TUESDAY: 2 Soft Shell Tacos with Meat & Shredded Cheese Lettuce, Tomato, Salsa, & Sour Cream Black Beans, Corn Pineapple Grapes Milk Choice 	22 Chicken Patty/Bun Green Beans Baby Carrots/Dip Mixed Fruit Applesauce Milk Choice	23 Spaghetti with Meat Sauce & Shredded Cheese Bread Stick Broccoli & Cauliflower Peaches, Pears Salad Bar Milk Choice FIGARO'S @ HOWARD & MEADOWBROOK	24 
27 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Baked Beans Raw Veggies/Dip Mixed Fruit Mandarin Oranges Milk Choice	28  Nacho Chips with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Refried Beans Corn Pineapple Peaches Milk Choice	29 Stuffed Crust Pepperoni Pizza Broccoli Baby Carrots/Dip Pears Applesauce Milk Choice 	30 Meatballs with Marinara Spiral Noodles Dinner Roll Cauliflower Peaches Clementine Orange Salad Bar Ranch Dressing French Dressing Milk Choice 	31 SUPER BOWL SPECIAL: Chili Dog - Hot Dog/Bun Topped with Chili & Shredded Cheese Touchdown Tater Tots Baby Carrots & Celery Sticks/Dip Mixed Fruit Apple Slices Milk Choice

Alternative entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price: \$1.75 K-4th; \$2.00 5th-8th; \$.40 reduced price.
Menu is subject to change. Visit www.hssd.k12.wi.us/foodserves for more information.

Howard-Suamico School District Breakfast Menu - January 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>HAPPY NEW YEAR!</p>		<p>2</p> <p>Mini Pancakes Cinn Graham Squares Applesauce Milk Choice</p> 	<p>3</p> <p>Cinnamon Toast Crunch Chocolate Graham Bears Grapes Milk Choice</p>
<p>6</p> <p>Muffin & Margarine String Cheese Grapes Milk Choice</p>	<p>7</p> <p>Apple Filled Breadstick Cinn Graham Squares Orange Wedges Milk Choice</p> 	<p>8</p> <p>Fruity Cheerios Bar Cinn Graham Squares Applesauce Milk Choice</p>	<p>9</p> <p>Breakfast Pastry Square Applesauce Milk Choice</p>	<p>10</p> <p>Cocoa Puffs Cereal String Cheese Banana Milk Choice</p> 
<p>13</p> <p>Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Milk Choice</p>	<p>14</p> <p>Bacon Scramble Pizza Orange Wedges Milk Choice</p>	<p>15</p> <p>Pumpkin Muffin Square & Margarine String Cheese Applesauce Milk Choice</p> 	<p>16</p> <p>Chocolate Chip Waffle Apple Slices Milk Choice</p> 	<p>17</p> <p>Trix Cereal Animal Crackers Banana Milk Choice</p>
<p>20</p> <p>Banana or Zucchini Bread Margarine Grapes Milk Choice</p> 	<p>21</p> <p>Pancake Wrapped Sausage Cinn Graham Squares Applesauce Milk Choice</p>	<p>22</p> <p>Hard-Cooked Egg Fruity Cheerios Bar Banana Milk Choice</p> 	<p>23</p> <p>Breakfast Taco Salsa or Ranch Dressing Cinn Graham Squares Orange Wedges Milk Choice</p>	<p>24</p> 
<p>27</p> <p>Trix Yogurt Chocolate Chip Gripz Apple Slices Milk Choice</p> 	<p>28</p> <p>Breakfast Bagel Pizza Cinn Graham Squares Orange Wedges Milk Choice</p>	<p>29</p> <p>Pumpkin Muffin Square & Margarine String Cheese Banana Milk Choice</p>	<p>30</p> <p>Mini Pancakes Cinn Graham Squares Applesauce Milk Choice</p>	<p>31</p> <p>Cinnamon Toast Crunch Bug Bite Graham Grapes Milk Choice</p> 

Includes choice of 1%, fat free chocolate, or skim milk. Meal price is \$1.20; meal is free if eligible for free or reduced price meals. Menu is subject to change.