




















## Howard-Suamico School District Menu March 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>4</p> <p>Hamburger on a Bun Sliced Cheese Ketchup, Mustard, Pickle Fun-size Pretzel Twists Corn Baby Carrots &amp; Dip Peaches Pineapple Chocolate Skim Milk</p> 	<p>5</p> <p>Chicken Strips Ranch or BBQ Sauce Buttery Noodles Green Beans Fresh Cucumber Slices Applesauce Mixed Fruit Chocolate Skim Milk <b>FIGARO'S @ SUAMICO &amp; BAY HARBOR</b></p>	<p>6</p> <p>Mini Corn Dogs Ketchup, Mustard Baked Beans Yam Sticks &amp; Dip Mandarin Oranges Grapes Chocolate Skim Milk</p> 	<p>7</p> <p>Diced Chicken in Gravy Mashed Potatoes Breadstick Broccoli Mixed Fruit, Pineapple Salad Bar French or Ranch Dressing Chocolate Skim Milk <b>FIGARO'S @ HOWARD &amp; MEADOWBROOK</b></p>	<p>8</p> <p>Grilled Cheese Sandwich <b>OR</b> Cheese Quesadilla Pizza W/ Ranch or Salsa Tomato Soup Raw Veggies &amp; Dip Pears, Peaches Chocolate Skim Milk</p> 	<p>Calories 701 Cholesterol 52 mg Sodium 1626 mg Dietary Fiber 8.65 g Iron 4.22 mg Calcium 540.35 mg Vitamin A 3190 IU Vitamin C 25.02 mg Protein 31.37 g 17.9% Carbohydrate 107.11 g 61.1% Total Fat 18.22 g 23.4% Saturated Fat 4.82 g 6.2%</p>
<p>11</p> <p>Chicken Patty on a Bun Mayonnaise, Ketchup Green Beans Baby Carrots &amp; Dip Mixed Fruit Grapes Chocolate Skim Milk</p> 	<p>12</p> <p>2 Soft Shell Tacos with Taco Meat Shredded Cheese Sour Cream, Salsa Shredded Lettuce, Tomato Black Beans, Corn Peaches, Pears Chocolate Skim Milk</p>	<p>13</p> <p><b>BRUNCH FOR LUNCH:</b> Ham French Toast Sticks &amp; Syrup Mini Tri Taters Jicama Sticks &amp; Dip Applesauce Strawberries Chocolate Skim Milk</p> 	<p>14</p> <p>Salisbury Steak in Gravy Mashed Potatoes Breadstick Peas &amp; Carrots Pineapple, Mandarin Oranges Salad Bar French or Ranch Dressing Chocolate Skim Milk <b>FIGARO'S @ FOREST GLEN</b></p>	<p>15</p> <p>Fish Nuggets, Tartar Sauce &amp; Dinner Roll, Margarine <b>OR</b> Sloppy Joe on Bun Cheesy Macaroni Broccoli &amp; Cauliflower Baby Carrots &amp; Dip Peaches, Apple Slices Chocolate Skim Milk</p>	<p>Calories 750 Cholesterol 36 mg Sodium 1581 mg Dietary Fiber 9.11 g Iron 3.85 mg Calcium 476.45 mg Vitamin A 5414 IU Vitamin C 33.19 mg Protein 31.17 g 16.6% Carbohydrate 113.97 g 60.8% Total Fat 20.16 g 24.2% Saturated Fat 4.59 g 5.5%</p>
<p>18</p> <p><b>LUCK O'THE IRISH TO YOU</b> Shamrock Chicken Nuggets Ranch or BBQ Sauce Dinner Roll, Margarine Pot O'Gold Nuggets O'Corn Lucky Coin Cuke Slices &amp; Dip Over the Rainbow - Orange Wedges St Patty's Pineapple Lucky Shamrock Cookie Magic Chocolate Skim Milk</p> 	<p>19</p> <p><b>MUNCH A LUNCH</b> Trix Yogurt &amp; String Cheese Soft Pretzel W/Cheese Sauce Raw Veggies &amp; Dip Mixed Fruit Dragon Punch Chocolate Skim Milk</p>	<p>20</p> <p>Lasagna Dinner Garlic Toast Broccoli Pears, Peaches Salad Bar French <b>OR</b> Ranch Dressing Chocolate Skim Milk</p> 	<p>21</p> <p>Hot Dog on a Bun <b>OR</b> Sub Sandwich Ketchup, Mustard, Mayo Baked Beans Green Beans Applesauce Grapes Chocolate Skim Milk</p> 	<p>22</p> <p>Portesi Cheese Fries Pizza Sauce Peas Baby Carrots &amp; Dip Pineapple Banana Chocolate Skim Milk</p>	<p>Calories 727 Cholesterol 32 mg Sodium 1491 mg Dietary Fiber 10.0 g Iron 5.1 mg Calcium 570.8 mg Vitamin A 4199 IU Vitamin C 35.9 mg Protein 30.9 g 17.5% Carbohydrate 109.7 g 60.8% Total Fat 19.9 g 24.0% Saturated Fat 6.2 g 7.7%</p>
<p>25</p> 	<p>26</p> <p><b>SPRING BREAK</b></p>			<p>28</p> 	<p>29</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](http://www.hssd.k12.wi.us/foodservices)

## Howard-Suamico School District Breakfast Menu - March 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
4 ***** Trix Yogurt Honey Nut Sunflower Seeds Cinn Graham Squares Apple Slices 1% Milk 	<b>NATIONAL SCHOOL BREAKFAST WEEK!</b>			8 ***** Cinnamon Toast Crunch Choc Big Bear Grahams Cinn Graham Squares Grapes 1% Milk 	Calories 481 Cholesterol 18 mg Sodium 583 mg Dietary Fiber 3.88 g Iron 3.73 mg Calcium 450.02 mg Vitamin A 1735 IU Vitamin C 23.81 mg Protein 16.66 g 13.9% Carbohydrate 75.41 g 62.8% Total Fat 14.07 g 26.4% Saturated Fat 4.06 g 7.6%
11 Banana Bread & Margarine Orange Wedges 1% Milk 	12 Cinn Glazed French Toast Cinn Graham Squares Applesauce 1% Milk	13 Hard-Cooked Egg Goldfish Crackers Cinn Graham Squares Grapes 1% Milk 	14 Mini Blueberry Waffles Cinn Graham Squares Banana 1% Milk 	15 Strawberry Pop-Tart Animal Crackers Apple Slices 1% Milk 	Calories 480 Cholesterol 76 mg Sodium 449 mg Dietary Fiber 4.53 g Iron 2.19 mg Calcium 392.77 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%
18 Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk 	19 Glazed Pancakes Cinn Graham Squares Applesauce 1% Milk	20 Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Apple Slices 1% Milk 	21 Cheese Quesadilla Pocket Salsa or Ranch Dressing Cinn Graham Squares Whole Orange 1% Milk	22 Fruit Loops Cereal Cheese Stick & Wheat Crackers Banana 1% Milk 	Calories 457 Cholesterol 28 mg Sodium 571 mg Dietary Fiber 3.88 g Iron 2.71 mg Calcium 500.42 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%
25	<b>SPRING BREAK</b>			29	

Includes a choice of 1%, Chocolate skim or skim milk. Entree choice will be offered daily. Menu is subject to change.  
 Breakfast is now free to all who qualify for free or reduced meals! Regular breakfast price for K-4: \$1.20, 5th - 12th: \$1.30.