

Howard-Suamico School District Menu March 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>HAPPY BIRTHDAY, DR. SEUSS! Green Eggs & Ham Uncle Terwillinger's Waffle Sticks Myrtle Turtle's Taters Cat in the Hat Carrots/Dip Sneetches' Peaches Mulberry Street Mixed Fruit Hop on Pop Pudding</p>	<p>3</p> <p>Hamburger on a Bun Lettuce & Tomato Baked Beans Cucumber Slices/Dip Strawberries Applesauce</p>	<p>4</p> <p>Mini Corn Dogs Green Beans Raw Veggies/Dip Mandarin Oranges Grapes</p>	<p>5</p> <p>Spaghetti with Meat Sauce FIGARO'S@ SUAMICO & BAY HARBOR Bread Stick Broccoli & Cauliflower Mixed Fruit Pineapple Salad Bar</p>	<p>6</p> <p>Grilled Cheese Tomato Soup Baby Carrots/Dip Peaches Pears Birthday Fruit Ice Strawberry Milk Choice HAPPY BIRTHDAY, MARCH BABIES!</p>
<p>9</p> <p>Chicken Nuggets Bread Slice Sweet Potato Dippers Raw Veggies/Dip Mixed Fruit Grapes</p>	<p>10</p> <p>TACO TUESDAY 2 Soft Shell Tacos with Taco Meat Lettuce, Tomato Cheese, Salsa Sour Cream Black Beans Corn Peaches Pears</p>	<p>11</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Mini Tri Taters Jicama Sticks/Dip Strawberries Applesauce</p>	<p>12</p> <p>Portesi Cheese Fries with Marinara Broccoli Pears Apple Slices Salad Bar</p>	<p>13</p> <p>UNDER THE SEA: Mr. Krab's Fishburger OR Sailor's Sloppy Joe on a Bun Goldfish Crackers String Bean Seaweed Crustacean Carrots/Dip Squidward Sweet Pineapple Peachy Plankton Sea Blue Gelatin w/Catch of the Day Peaches Pineapple</p>
<p>16</p> <p>Stuffed Crust Pepperoni Pizza Broccoli Raw Veggies/Dip Pears Peaches</p>	<p>17</p> <p>LUCK O'THE IRISH: Shamrock Chicken Nuggets Rolling Meadows Dinner Roll Pot O'Gold Corn Lucky Cucumber Coins St. Patty's Pineapple Emerald Applesauce Cloverleaf Cookie</p>	<p>18</p> <p>Hot Dog on a Bun OR Sub Sandwich Baked Beans Baby Carrots/Dip Pineapple Orange Wedges</p>	<p>19</p> <p>Salisbury Steak in Gravy FIGARO'S @ FOREST GLEN Mashed Potatoes Dinner Roll Peas & Carrots Peaches Pears Salad Bar</p>	<p>20</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Fun Shaped Soft Pretzel Cheese Sauce Raw Veggies/Dip Banana Mixed Fruit Tropical Twist Juice Box</p>
<p>23</p> <p>Mini Corn Dogs Green Beans Raw Veggies/Dip Applesauce Strawberries</p>	<p>24</p> <p>NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Refried Beans Corn Peaches Mandarin Oranges</p>	<p>25</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Cucumber Slices/Dip Banana Pineapple</p>	<p>26</p> <p>MARCH MEATBALL MADNESS: Meatballs with Marinara or BBQ Sauce FIGARO'S@ HOWARD & MEADOWBROOK Buttery Noodles Bread Stick Broccoli Peaches Apple Slices Salad Bar</p>	<p>27</p> <p>Real Slice Cheese Pizza Cauliflower Baby Carrots/Dip Pears Mixed Fruit</p>

DRY BEANS

A $\frac{1}{2}$ cup of cooked beans has lots of fiber and folate. Eating beans is a good way to get protein, iron, and potassium. Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.











LIVE 54218.ORG

Eat your vegetables

- Circle all beans on the menu.**
- How many did you circle?
 - What is your favorite bean variety?
 - What is your favorite recipe with beans?

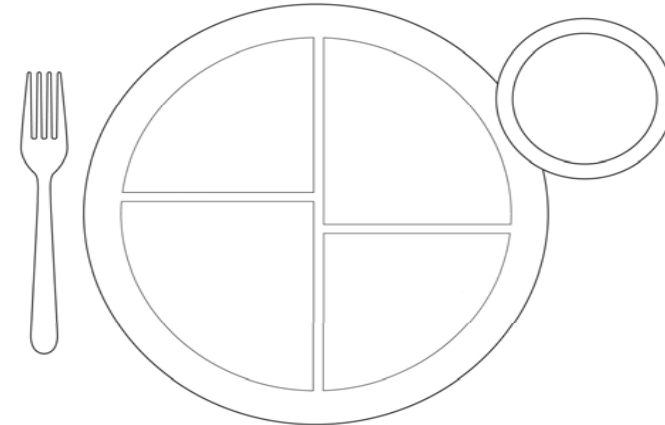
Alternate entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price is \$1.90 for grades K-4, \$2.10 for 5-8, \$.40 reduced price, and \$.35 milk.

Howard-Suamico School District Breakfast Menu - March 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	3 Egg & Cheese Sandwich Banana Juice 	4 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	5 Cinn Glazed French Toast Applesauce Cup Juice 	6 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice 
9 Banana Bread Orange Wedges Juice 	10 Breakfast Bagel Pizza Banana Juice 	11 Trix Cereal Bar Hard-Cooked Egg Banana Juice 	12 Mini Blueberry Waffles Grapes Juice 	13 Strawberry Pop-Tart Apple Slices Juice
16 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	17 Egg & Cheese Sandwich Banana Juice 	18 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	19 Mini Pancakes Applesauce Cup Juice 	20 Apple Jacks Cinn Graham Squares Apple Slices Juice
23 Cinnamon Pop-Tart Applesauce Cup Juice 	24 Bacon Scramble Pizza Grapes Juice 	25 Banana Bread Margarine Orange Wedges Juice 	26 Chocolate Chip Waffle Apple Slices Juice 	27 Trix Cereal Cinn Graham Squares Banana Juice 

Fill your plate

Fill your plate by drawing items in each category. Remember fill half your plate with fruits and vegetables!



Dry bean tasting exploration

Take a look at the list of dry beans below. Circle the ones you like and draw a star next to the ones you have not tried yet. Select a new bean to try each week in March. Can you try them all?

- | | | |
|--------|--------------------|---------|
| Pinto | Great Northern | Red |
| Lima | Blackeye Peas | Navy |
| Black | Green Split Peas | Lentils |
| Kidney | Garbanzo/chickpeas | White |

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.