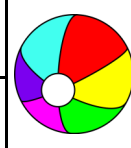
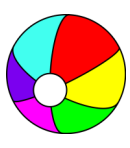


Howard-Suamico School District K-8 Lunch Menu May-June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cheesy Hot Dog on a Bun OR Hamburger on a Bun Tomato, Onion, Pickle Shoestring Fries Raw Veggies/Dip Peaches Fruit Ice</p> <p>BALL PARK BONANZA</p>	<p>2</p> <p>Diced Chicken in Gravy Mashed Potatoes Dinner Roll Baked Beans Mixed Fruit Grapes</p> <p>PIZZA SCHMIZZA @ Howard & Meadowbrook</p>	<p>3</p> <p>Portesi Cheese Fries With Marinara Sauce Potato Smiles Salad Bar Apple Slices Craisin Pouch</p> <p>WISCONSIN WEDNESDAY</p>	<p>4</p> <p>BRUNCH FOR LUNCH Ham French Toast Sticks Mini Tri Taters Cucumber Slices/Dip Applesauce Strawberries & Blueberries</p>	<p>5</p> <p>Mini Corn Dogs Mini Corn on the Cob Baby Carrots/Dip Mandarin Oranges Watermelon Birthday Cupcake Strawberry Milk</p> <p>HAPPY BIRTHDAY MAY BABIES!</p>
<p>8</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Baby Carrots/Dip Pineapple Applesauce</p>	<p>9</p> <p>Hot Dog on a Bun Onions, Pickle Relish Baked Beans Raw Veggies/Dip Mixed Fruit Banana</p>	<p>10</p> <p>Salisbury Steak in Gravy Mashed Potatoes Double Chocolate Muffin Peas & Carrots Pears Grapes</p> <p>PIZZA SCHMIZZA @ Forest Glen</p>	<p>11</p> <p>Spaghetti & Meat Sauce Garlic Toast Broccoli Salad Bar Fruit Salad Peaches</p> <p>PIZZA SCHMIZZA @ Suamico & Bay Harbor</p>	<p>12</p> <p>2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Sour Cream Black Beans Corn Pineapple Applesauce</p>
<p>15</p> <p>Cheese Quesadilla Salsa or Sour Cream Brown Rice Broccoli & Cauliflower Jicama Sticks Orange Wedges Mixed Fruit</p>	<p>16</p> <p>NEW! BBQ Pulled Pork on a Bun Macaroni and Cheese Coleslaw Baked Beans Applesauce Peaches</p>	<p>17</p> <p>MUNCH A LUNCH Yogurt & String Cheese Soft Pretzel with Cheese Sauce Sugar Snap Peas/Dip Pineapple Grapes Tropical Twist Juice Box</p>	<p>18</p> <p>Cheese Omelet Cinnamon Roll Tator Tots Salad Bar Fruit Salad Cantaloupe</p>	<p>19</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Baby Carrots/Dip Apple Slices Pears</p>
<p>22</p> <p>Stuffed Crust Pepperoni Pizza Broccoli Raw Veggies/Dip Pineapple Mandarin Oranges</p>	<p>23</p> <p>Chicken Patty on a Bun Lettuce & Tomato Green Beans Salad Bar Pears Apple Slices</p>	<p>24</p> <p>BRUNCH FOR LUNCH Ham French Toast Sticks Mini Tri Taters Cucumber Slices/Dip Applesauce Strawberries & Blueberries</p>	<p>25</p> <p>NACHO GRANDE Nachos with Meat & Cheese Sauce Lettuce & Tomato Salsa, Black Olives Sour Cream Refried Beans Corn Banana Peaches</p>	<p>26</p> <p>NEW! COMBO BASKET Mozzarella Sticks Marinara Sauce Chicken Smackers Pretzel Stick with Cheese Sauce Peas & Carrots Raw Veggies/Dip Applesauce Mixed Fruit</p>
<p>29</p> <p>NO SCHOOL</p>	<p>30</p> <p>Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Baked Beans Raw Veggies/Dip Mandarin Oranges Pineapple</p>	<p>31</p> <p>Cheese Pizza Broccoli Salad Bar Peaches Honeydew Melon</p>	<p>1</p> <p>Diced Chicken in Gravy Mashed Potatoes Double Chocolate Muffin Peas & Carrots Fruit Salad Apple Slices</p>	<p>2</p> <p>Mini Corn Dogs Green Beans Raw Veggies/Dip Applesauce Grapes Birthday Cupcake</p> <p>HAPPY BIRTHDAY JUNE BABIES!</p>
<p>5</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli Raw Veggies/Dip Pineapple Applesauce</p>	<p>6</p> <p>Hot Dog on a Bun Onions, Pickle Relish Baked Beans Cucumber Slices/Dip Fruit Salad Mandarin Oranges</p>	<p>7</p> <p>MUNCH-A-PICNIC-LUNCH Trix Yogurt String Cheese Goldfish Crackers Baby Carrots/Dip Apple Slices Craisin Pouch Tropical Twist Juice Box</p>	<p>8</p> <p>COOK'S CHOICE</p>	<p>SUMMER VACATION!</p> <p>LIVE 54218.ORG</p>

Alternate entree offered daily. Fat-free, chocolate, skim, or 1% milk included with meal. Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8; and \$.40 reduced price. Menu is subject to change. This institution is an equal opportunity provider and employer.

Wisconsin Wednesday – Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of May we are featuring Cheese Fries from Portesi Italian Foods in Stevens Point, potato smiles from McCain Foods in Plover, apples from Appleland Farm in Fredonia, Craisins from Ocean Spray in Kenosha, and milk from Brothers Dairy in Kewaunee.



Carson Kujava was the winner of the Nutrition Basket for the silent auction that took place at Meadowbrook. He spent time with the School Nutrition Coordinator discussing the school lunch program. He planned the menu with his favorite items for May 5th. Thank you for all of your help and input Carson!

HSSD Elementary Breakfast Menu May-June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
1 Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup	2 Mini Cinnamon Rolls Orange Wedges Juice Cup	3 Strawberry/Blueberry Fruit Smoothie Cinnamon Graham Squares Banana Juice Cup	4 Mini Blueberry Waffles Grapes Juice Cup	5 Pop-Tart Vanilla Graham Bears Apple Slices Juice Cup
8 Breakfast Bread Slice Margarine Applesauce Juice Cup	9 Mini Chocolate Chip French Toast Banana Juice Cup	10 Cereal Bar Hard-Boiled Egg Grapes Juice Cup	11 Pancake Wrapped Sausage Orange Wedges Juice Cup	12 Mini Chocolate Donuts Apple Slices Juice Cup
15 Cereal Bowl Vanilla Graham Bears Applesauce Juice Cup	16 Mini Strawberry Cream Cheese Bagels Orange Wedges Juice Cup	17 Pumpkin Chocolate Chip Square Margarine String Cheese Banana Juice Cup	18 Mini Cinnamon Donuts Vanilla Graham Bears Grapes Juice Cup	19 Cereal Pouch Cinnamon Graham Squares Apple Slices Juice Cup
22 Breakfast Bread Slice Margarine Applesauce Juice Cup	23 Bacon Scramble Pizza Orange Wedges Juice Cup	24 Cereal Bar Hard-Boiled Egg Grapes Juice Cup	25 Mini Cinnamon Rolls Applesauce Juice Cup	26 Pop-Tart Vanilla Graham Bears Apple Slices Juice Cup
29 NO SCHOOL	30 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup	31 Pumpkin Chocolate Chip Square Margarine String Cheese Banana Juice Cup	1 Mini Pancakes Applesauce Juice Cup	2 Cereal Bowl Vanilla Graham Bears Orange Wedges Juice Cup
5 Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup	6 Egg Sandwich Banana Juice Cup	7 Strawberry/Blueberry Fruit Smoothie Cinnamon Graham Squares Orange Wedges Juice Cup	8 COOK'S CHOICE	SUMMER VACATION!



Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.30 for grades K-4, \$1.40 for grades 5-12; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer.

Harvest of the Month: Melon



Melon is low in calories, high in Vitamin's C and A, as well as potassium. 95% of the fruit comprises of water, which helps to hydrate and flush toxins from the body.

Melons are abundant during the warm spring and summer months. When choosing a melon, the skin should have a dull looking appearance. A shiny outside indicates it is under ripe. By tapping a watermelon and hearing a hollow sound indicates it is ripe. Try the Melon Ball Punch recipe to the right for a refreshing summer drink!



Melon Ball Punch

Ingredients

- 25.4 oz sparkling white grape juice
- 2 cups clear lemon lime flavored soda (Sprite)
- 1 cup lemonade
- 1 small ripe watermelon
- 1 small ripe cantaloupe
- 1 small ripe honeydew melon
- Fresh mint leaves
- 2 limes slices, plus more for garnish if desired

Directions

In a pitcher stir together grape juice, soda, and lemonade. Place in the fridge to chill. Use a melon baller to scoop out the flesh of watermelon, cantaloupe, and honeydew melon. Place melon balls on a cookie sheet lined with foil. Freeze. Once frozen, add a few cups of melon balls to pitcher along with fresh mint leaves and slices of lime. Stir. Refrigerate at least 30 minutes to allow the flavors to blend. Serve cold using additional frozen melon balls as ice cubes. Garnish glasses with lime slice and mint leaf. Serves 6.