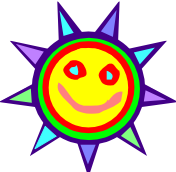












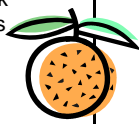




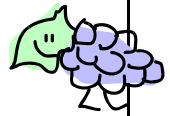




Howard-Suamico School District Menu May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
			1 NACHO GRANDE: Nacho Meat with Chips & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives Refried Beans, Rice, Corn Pineapple, Mandarin Oranges	2 Chicken Tenders Ranch or BBQ Sauce Dinner Roll, Cauliflower Baby Carrots/Dip Peaches, Grapes Birthday Fruit Ice Strawberry Milk Choice HAPPY BIRTHDAY MAY BABIES!
5 Hamburger/Bun Cheese Slice Lettuce & Tomato Baked Beans Raw Veggies/Dip Pears, Mandarin Oranges	 6 Chicken Nuggets Seasoned Rice Peas & Carrots Cucumber Slices/Dip Peaches Pineapple	7 BRUNCH FOR LUNCH: Ham and French Toast Sticks Maple Flavored Syrup Mini Tri Taters Pears, Grapes Cherry Blend Juice Cup	8 Spaghetti with Meat Sauce Bread Stick Broccoli Mixed Fruit, Orange Wedges Salad Bar FIGARO'S @ SUAMICO & BAY HARBOR	 9 Hot Dog/Bun OR Hot Italian Sub Pizza Sauce Green Beans Raw Veggies/Dip Pineapple, Banana
12 Double Stuff Cheese Pizza Tomato Soup/Crackers Cauliflower Pears Orange Wedges	13 2 Soft Shell Tacos with Meat & Cheese Sour Cream, Salsa Lettuce, Tomato Black Beans Rice, Corn Mixed Fruit, Pineapple	 14 Chicken Patty/Bun Peas & Carrots Applesauce Grapes Salad Bar	15 Salisbury Steak in Gravy Cinnamon Roll Mashed Potatoes Green Beans Peaches Apple Slices	16 Sloppy Joe OR Deli Ham Sandwich on a Bun Cheese Slice Cauliflower Baby Carrots/Dip Pears, Pineapple Cookie
19 SLIDE INTO SUMMER: Twin Cheeseburger Sliders Cauliflower Raw Veggies/Dip Pineapple Mandarin Oranges	 20 Real Slice Cheese Pizza Broccoli Mixed Fruit Pears Salad Bar	21 MUNCH A LUNCH: Yogurt & String Cheese Soft Pretzel w/Cheese Sauce Raw Veggies/Dip Mandarin Oranges Banana Cherry Blend Juice Cup	22 Lasagna Bake Garlic Toast Corn Cucumber Slices/Dip Peaches Pears FIGARO'S @ FOREST GLEN	 23 Chicken Tenders Bread Slice Baked Beans Green Beans Applesauce Grapes
 MEMORIAL DAY NO SCHOOL	27 6 Mini Corn Dogs Baked Beans Sugar Snap Peas/Dip Mixed Fruit Apple Slices	28 NACHO GRANDE: Nacho Meat with Chips & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives, Refried Beans Rice, Corn Pineapple, Mandarin Oranges	 29 Diced Chicken in Gravy Mashed Potatoes Texas Toast Broccoli Pears, Peaches Salad Bar FIGARO'S @ HOWARD & MEADOWBROOK	30 Pepperoni Pizza Cauliflower Raw Veggies/Dip Mixed Fruit Apple Slices
2 Chicken Nuggets Dinner Roll Baked Beans Baby Carrots/Dip Pears Grapes	3 WACKY WAFFLES: Belgian Waffle Sticks & Cheese Omelet Tater Tots Strawberries Banana Tropical Twist Juice Box	 4 Portesi Cheese Fries Pizza Sauce Broccoli Peaches Watermelon Salad Bar	5 MUNCH A LUNCH: Yogurt & String Cheese Soft Pretzel with Cheese Sauce Baby Carrots/Dip Mandarin Oranges Cherry Blend Juice Cup	 6 Hamburger/Bun Cheese Slice Multi Grain Sun Chips Raw Veggies/Dip Apple Slices Birthday Ice Cream
9 Hot Dog/Bun Baked Beans Jicama Sticks/Dip Pears, Grapes	10 LAST DAY OF SCHOOL - MENU TO BE ANNOUNCED			

Howard-Suamico School District Breakfast Menu - May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Mini Blueberry Waffles Cinn Graham Squares Grapes Milk Choice	2 Strawberry Pop-Tart Animal Crackers Apple Slices Milk Choice
5 Trix Yogurt Chocolate Chip Gripz Grapes Milk Choice 	6 Glazed Pancakes Orange Wedges Milk Choice	7 Pumpkin Muffin Square & Margarine String Cheese Apple Slices Milk Choice	8 Breakfast Quesadilla Salsa or Ranch Dressing Flavored Applesauce Cup Milk Choice	9 Apple Jacks Cheese Stick & Wheat Crackers Banana Milk Choice
12 Muffin Margarine String Cheese Wheat Crackers Grapes Milk Choice	13 Apple Filled Breadstick Cinn Graham Squares Orange Wedges Milk Choice 	14 Fruity Cheerios Bar Cinn Graham Squares Apple Slices Milk Choice	15 Breakfast Pastry Square Flavored Applesauce Cup Milk Choice	16 Cocoa Puffs Cereal String Cheese Banana Milk Choice 
19 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Milk Choice	20 Bacon Scramble Pizza Orange Wedges Milk Choice	21 Pumpkin Muffin Square & Margarine String Cheese Flavored Applesauce Cup Milk Choice	22 Chocolate Chip Waffle Apple Slices Milk Choice 	23 Trix Cereal Animal Crackers Banana Milk Choice
26 NO SCHOOL 	27 Pancake Wrapped Sausage Cinn Graham Squares Orange Wedges Milk Choice 	28 Hard-Cooked Egg Fruity Cheerios Bar Banana Milk Choice	29 Breakfast Taco Salsa or Ranch Dressing Flavored Applesauce Cup Milk Choice	30 Choc Mlni Wheat Cereal Bug Bite Grahams Apple Slices Milk Choice
2 Trix Yogurt Chocolate Chip Gripz Grapes Milk Choice 	3 Breakfast Bagel Pizza Cinn Graham Squares Orange Wedges Milk Choice	4 Pumpkin Muffin Square & Margarine String Cheese Apple Slices Milk Choice 	5 Mini Pancakes Cinn Graham Squares Flavored Applesauce Cup Milk Choice	6 Cinnamon Toast Crunch Chocolate Graham Bears Banana Milk Choice 
9 Banana or Zucchini Bread Margarine Orange Wedges Milk Choice	10 Strawberry Pop-Tart Animal Crackers Applesauce Milk Choice			