












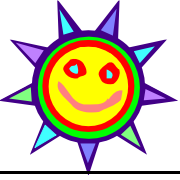



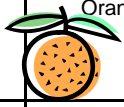




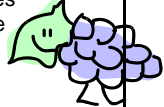



Howard-Suamico School District Menu May-June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	<h2 style="color: blue;">ASPARAGUS</h2> <p style="color: blue;">A 1/2 cup of cooked asparagus has lots of vitamin K and vitamin E. Vitamin E helps keep your skin, hair and immune system healthy.</p>			<p>1</p> <p>HOORAY FOR MAY! Chicken Giggles Roly Poly Roll Potato Smiles Rah Rah Raw Veggies/Dip Party Hardy Peaches Birthday Fruit Ice Strawberry Milk Choice HAPPY BIRTHDAY, MAY BABIES!</p>
<p>4</p> <p>BALL PARK BRATS & BURGERS: Bratwurst on a Bun Hamburger on a Bun Tomato Slice Onion & Pickles Ball Park Snack Baked Beans Baby Carrots/Dip Pears Mandarin Oranges</p>	<p>5</p> <p>NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa, Sour Cream, Black Olives Refried Beans Corn Pineapple Peaches</p>	<p>6</p> <p>Pepperoni Pizza Green Beans Mixed Fruit Orange Wedges Salad Bar</p> <p style="text-align: center;"></p>	<p>7</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Mini Tri Taters Pears Strawberries Tropical Twist Juice Box</p>	<p>8</p> <p>Chicken Patty on a Bun Peas & Carrots Raw Veggies/Dip Applesauce Peaches</p> <p style="text-align: center;"></p>
<p>11</p> <p>Hot Dog on a Bun Onion & Pickle Relish Baked Beans Baby Carrots/Dip Mixed Fruit Banana</p> <p style="text-align: center;"></p>	<p>12</p> <p>Spaghetti with Meat Sauce</p> <p>FIGARO'S @ SUAMICO & BAY HARBOR Bread Stick Broccoli Mandarin Oranges Pears Salad Bar</p>	<p>13</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Green Beans Crunchy Cukes/Dip Peaches Grapes</p> <p style="text-align: center;"></p>	<p>14</p> <p>TACO THURSDAY: 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Sour Cream Rice Black Beans Corn Pineapple Peaches</p>	<p>15</p> <p>Deli Ham & Turkey OR Sloppy Joe on a Bun Cheese Slice Cauliflower Raw Veggies/Dip Pears Pineapple Spring Cookie</p> <p style="text-align: center;"></p> <p style="text-align: center;">Asparagus Pasta Salad</p>
<p>18</p> <p>MUNCH-A-LUNCH MONDAY: Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Banana Mixed Fruit Tropical Twist Juice Box</p>	<p>19</p> <p>Meatballs & BBQ Sauce OR Chicken Teriyaki with Spiral Noodles Dinner Roll Broccoli Raw Sugar Snap Peas & Baby Carrots/Dip Mandarin Oranges Pineapple</p>	<p>20</p> <p>Real Slice Cheese Pizza Green Beans Pears Grapes Salad Bar</p> <p style="text-align: center;"></p>	<p>21</p> <p>Salisbury Steak in Gravy</p> <p>FIGARO'S @ FOREST GLEN Mashed Potatoes Peas & Carrots Peaches Apple Slices Iced Cinnamon Roll</p> <p style="text-align: center;"></p>	<p>22</p> <p>Chicken Tenders Ranch or BBQ Sauce Bread Slice Baked Beans Baby Carrots/Dip Applesauce Mandarin Oranges</p>
<p>25</p> <p>NO SCHOOL</p> <p style="text-align: center;"></p>	<p>26</p> <p>Cheesy French Bread with Marinara Cauliflower Raw Veggies/Dip Mixed Fruit Mandarin Oranges</p>	<p>27</p> <p>NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa, Sour Cream, Black Olives Rice Refried Beans Corn Pineapple Grapes</p>	<p>28</p> <p>Diced Chicken in Gravy</p> <p>FIGARO'S @ HOWARD & MEADOWBROOK Mashed Potatoes Dinner Roll Broccoli Pears Peaches Salad Bar</p> <p style="text-align: center;"></p>	<p>29</p> <p>Mini Corn Dogs Baked Beans Raw Veggies/Dip Applesauce Mixed Fruit</p>
<p>1</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Broccoli & Cauliflower Baby Carrots/Dip Pears Grapes</p>	<p>2</p> <p>Cheese Omelet French Toast Sticks Mini Tri Taters Cucumber Sticks Sliced Strawberries Applesauce</p> <p style="text-align: center;"></p>	<p>3</p> <p>Portesi Cheese Fries with Marinara Baked Beans Peaches Watermelon Salad Bar</p>	<p>4</p> <p>MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Baby Carrots/Dip Banana Mixed Fruit Tropical Twist Juice Box</p>	<p>5</p> <p>Hamburger on a Bun Fun-size Pretzels Raw Veggies/Dip Pears Birthday Fruit Ice HAPPY BIRTHDAY, SUMMER BABIES!</p>
<p>8</p> <p>Hot Dog on a Bun Baked Beans Jicama Sticks/Dip Pineapple Pears Grapes</p>	<p>9</p> <p style="text-align: center;"></p> <p style="text-align: center;">LAST DAY OF SCHOOL - MENU TO BE ANNOUNCED</p>	<p style="color: blue;">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.</p>		

Howard-Suamico School District Breakfast Menu - May-June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Jacks Cinn Graham Squares Apple Slices Juice
4 Cinnamon Pop-Tart Applesauce Cup Juice	5 Bacon Scramble Pizza Grapes Juice	6 Banana Bread Orange Wedges Juice 	7 Chocolate Chip Waffle Apple Slices Juice 	8 Trix Cereal Cinn Graham Squares Banana Juice
11 Chocolate Chip Muffin Grapes Juice	12 Breakfast Taco Salsa or Ranch Applesauce Cup Juice	13 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	14 Pancake Wrapped Sausage Banana Juice	15 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice 
18 Trix Yogurt Chocolate Chip Grips Grapes Juice 	19 Egg & Cheese Sandwich Banana Juice	20 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice	21 Cinn Glazed French Toast Applesauce Cup Juice	22 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice
25 NO SCHOOL 	26 Mini Blueberry Waffles Applesauce Cup Juice	27 Trix Cereal Bar Hard-Cooked Egg Grapes Juice	28 Breakfast Bagel Pizza Banana Juice 	29 Strawberry Pop-Tart Apple Slices Juice 
1 Trix Yogurt Chocolate Chip Grips Grapes Juice 	2 Egg & Cheese Sandwich Banana Juice	3 Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice	4 Mini Pancakes Applesauce Cup Juice	5 Apple Jacks Cinn Graham Squares Apple Slices Juice 
8 Cinnamon Pop-Tart Applesauce Cup Juice	9 COOK'S CHOICE includes milk & juice	Also includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.25; meal is free to those approved for free or reduced price meals.		

EAT YOUR FRUITS

Circle all meals that have green vegetables in them.

1. How many did you find?
2. What do you like most about vegetables?
3. Why is it important to eat green vegetables?

ASPARAGUS FACTS

Draw a line to match each word on the left with the correct definition on the right.

Farmer
Perennial
Vitamins
Harvest

- A. Natural ingredients found in foods necessary for our bodies to grow.
- B. Lives from year to year.
- C. Gathering of a crop.
- D. Person who grows food.