














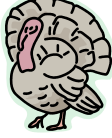
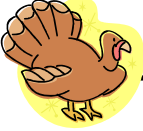






Howard-Suamico School District Menu November 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>5</p> <p>Chicken Patty on a Bun Ketchup, ,Mayonnaise Cauliflower & Carrots Sugar Snap Peas Peaches Apple Slices Chocolate Pudding Chocolate Skim Milk</p> 	<p>6</p> <p>Salisbury Steak in Gravy Mashed Potatoes Texas Toast Bread Slice Green Beans Mixed Fruit Orange Wedges Chocolate Skim Milk</p>	<p>7</p> <p>Cheese Pizza Slice Broccoli Pears Grapes Salad Bar Chocolate Skim Milk</p> 	<p>8</p> <p>2 Soft Shell Tacos with Taco Meat, Cheese Sour Cream, Salsa Shredded Romaine Tomato, Black Beans Corn Mandarin Oranges Mixed Fruit Chocolate Skim Milk</p>	<p>9</p> <p>Mini Corn Dogs Ketchup, Mustard Baked Beans Raw Veggies/dip Applesauce Banana Chocolate Skim Milk</p> 	<p>Calories 655 Cholesterol 30 mg Sodium 1451 mg Dietary Fiber 9.49 g Iron 4.64 mg Calcium 557.66 mg Vitamin A 3691 IU Vitamin C 33.73 mg Protein 29.32 g 17.9% Carbohydrate 101.19 g 61.8% Total Fat 16.12 g 22.1% Saturated Fat 3.54 g 4.9%</p>
<p>12</p> <p>Hamburger on a Bun Sliced Cheese Ketchup, Mustard Baked Beans Peas & Carrots Pears Apple Slices Chocolate Skim Milk</p>	<p>13</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Applesauce Grapes Chocolate Skim Milk</p> 	<p>14</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Corn Baby Carrots and Dip Mixed Fruit Strawberries Chocolate Skim Milk</p>	<p>15</p> <p>Spaghetti with Meat Sauce Bread Stick Broccoli & Cauliflower Peaches Mandarin Oranges Salad Bar Chocolate Skim Milk FIGARO'S @ SUAMICO & BAY HARBOR</p>	<p>16</p> <p>Fish Nuggets Tartar Sauce Cheesy Macaroni Tater Tots Green Beans Mixed Fruit Fresh Whole Pear Chocolate Skim Milk</p>	<p>Calories 700 Cholesterol 38 mg Sodium 1306 mg Dietary Fiber 9.37 g Iron 3.85 mg Calcium 438.52 mg Vitamin A 4406 IU Vitamin C 32.03 mg Protein 30.76 g 17.6% Carbohydrate 110.27 g 63.0% Total Fat 16.61 g 21.4% Saturated Fat 3.67 g 4.7%</p>
<p>19</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel W/ Cheese Sauce Raw Veggies/dip Yam Sticks Pears Juice Cup Chocolate Skim Milk</p> 	<p>20</p> <p>Lasagna Dinner Bread Stick Broccoli Peaches Mixed Fruit Salad Bar Chocolate Skim Milk FIGARO'S @ FOREST GLEN</p>	<p>21</p> <p>FALL FEAST: Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Pineapple Cranberry Sauce Apple Slices Pumpkin Choc Chip Square Chocolate Skim Milk</p>	<p>22</p> 	<p>23</p> 	<p>Calories 730 Cholesterol 48 mg Sodium 1230 mg Dietary Fiber 8.50 g Iron 4.12 mg Calcium 581.95 mg Vitamin A 4298 IU Vitamin C 41.23 mg Protein 34.56 g 18.9% Carbohydrate 116.64 g 63.9% Total Fat 15.76 g 19.4% Saturated Fat 4.72 g 5.8%</p>
<p>26</p> <p>Hot Dog on a Bun Ketchup, Mustard Baked Beans Peas & Carrots Mixed Fruit Grapes Chocolate Skim Milk</p> 	<p>27</p> <p>NACHO GRANDE: Nacho Chips, Meat Cheese Sauce Shredded Romaine Tomato, Salsa Sour Cream Black Olives Refried Beans Broccoli, Pineapple Orange Wedges Chocolate Skim Milk</p>	<p>28</p> <p>Pepperoni Pizza Cauliflower Pears Apple Slices Salad Bar Chocolate Skim Milk</p> 	<p>29</p> <p>Chicken Strips Ranch or BBQ Sauce Dinner Roll Vanilla Sweet Potato Fry Green Beans Sugar Snap Peas Peaches Applesauce Chocolate Skim Milk</p>	<p>30</p> <p>Tomato Soup Wheat Crackers Cheese-Filled Breadstick Corn Raw Veggies/dip Pineapple Mixed Fruit Chocolate Skim Milk</p>	<p>Calories 660 Cholesterol 33 mg Sodium 1363 mg Dietary Fiber 9.29 g Iron 4.68 mg Calcium 544.41 mg Vitamin A 6589 IU Vitamin C 37.58 mg Protein 28.92 g 17.5% Carbohydrate 97.00 g 58.8% Total Fat 18.20 g 24.8% Saturated Fat 4.02 g 5.5%</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

Howard-Suamico School District Breakfast Menu - November 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>5</p> <p>Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk</p> 	<p>6</p> <p>Glazed Pancakes Cinn Graham Squares Banana 1% Milk</p> 	<p>7</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Apple Slices 1% Milk</p>	<p>8</p> <p>Cheese Quesadilla Pocket Salsa or Ranch Dressing Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>9</p> <p>Fruit Loops Cereal Cheese Stick & Wheat Crackers Applesauce 1% Milk</p>	<p>Calories 459 Cholesterol 28 mg Sodium 567 mg Dietary Fiber 3.89 g Iron 2.79 mg Calcium 508.50 mg Vitamin A 1730 IU Vitamin C 23.37 mg Protein 16.36 g 14.3% Carbohydrate 71.55 g 62.4% Total Fat 12.84 g 25.2% Saturated Fat 4.90 g 9.6%</p>
<p>12</p> <p>Chocolate Muffin & Margarine String Cheese & Wheat Crackers Grapes 1% Milk</p>	<p>13</p> <p>Apple Filled Breadstick Cinn Graham Squares Banana 1% Milk</p> 	<p>14</p> <p>Fruity Cheerios Bar Cinn Graham Squares Applesauce 1% Milk</p>	<p>15</p> <p>Breakfast Pastry Square Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>16</p> <p>Choc Mini Wheat Cereal All-Sport Graham Bites Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>Calories 465 Cholesterol 19 mg Sodium 497 mg Dietary Fiber 3.67 g Iron 5.95 mg Calcium 422.60 mg Vitamin A 1173 IU Vitamin C 25.81 mg Protein 15.14 g 13.0% Carbohydrate 81.48 g 70.0% Total Fat 11.90 g 23.0% Saturated Fat 4.01 g 7.8%</p>
<p>19</p> <p>Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk</p> 	<p>20</p> <p>Bacon Scramble Pizza Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>21</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p>	<p>22</p>  <p>HAPPY THANKSGIVING</p> 		<p>23</p> <p>Calories 501 Cholesterol 31 mg Sodium 591 mg Dietary Fiber 4.09 g Iron 3.50 mg Calcium 479.51 mg Vitamin A 1776 IU Vitamin C 23.21 mg Protein 16.36 g 13.1% Carbohydrate 80.61 g 64.3% Total Fat 13.52 g 24.3% Saturated Fat 4.86 g 8.7%</p>
<p>26</p> <p>Zucchini Bread & Margarine Grapes 1% Milk</p> 	<p>27</p> <p>Pancake Wrapped Sausage Cinn Graham Squares Applesauce 1% Milk</p>	<p>28</p> <p>Hard-Cooked Egg Fruity Cheerios Bar Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>29</p> <p>Breakfast Taco Salsa or Ranch Dressing Cinn Graham Squares Banana 1% Milk</p>	<p>30</p> <p>Choc Mini Wheat Cereal Dino Bites Grahams Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>Calories 481 Cholesterol 50 mg Sodium 565 mg Dietary Fiber 4.53 g Iron 4.64 mg Calcium 408.45 mg Vitamin A 1057 IU Vitamin C 23.76 mg Protein 16.67 g 13.9% Carbohydrate 76.84 g 64.0% Total Fat 13.50 g 25.3% Saturated Fat 4.44 g 8.3%</p>

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