













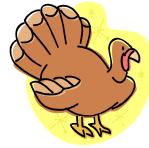


Howard-Suamico School District Menu November 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>TUNDRA TAILGATE: Hamburger OR Bratwurst on a Bun Cheesehead Shoe String French Fries Quarterback Snap Peas with Dip Packer-Backer Pears Mean Green Apple Slices Chocolate Skim Milk</p> 	<p>5</p> <p>2 Soft Shell Tacos with Taco Meat Cheddar Cheese Sour Cream Salsa Shredded Lettuce Tomato Black Beans Corn Mandarin Oranges Mixed Fruit Chocolate Skim Milk</p>	<p>6</p> <p>Real Slice Cheese Pizza Broccoli Peaches Grapes Salad Bar Chocolate Skim Milk</p> 	<p>7</p> <p>Salisbury Steak in Gravy Mashed Potatoes Texas Toast Bread Slice Green Beans Mixed Fruit Orange Wedges Chocolate Skim Milk</p> <p>FIGARO'S @ HOWARD & MEADOWBROOK</p> 	<p>8</p> <p>Chicken Patty on a Bun Cauliflower & Carrots Fresh Cucumber Slices Banana Birthday Fruit Ice Strawberry Skim Milk</p> <p>HAPPY BIRTHDAY, NOVEMBER BABIES!</p>
<p>11</p> <p>Mini Corn Dogs Ketchup Baked Beans Raw Veggies Dip Pears Apple Slices Chocolate Skim Milk</p> 	<p>12</p> <p>Spaghetti with Meat Sauce Bread Stick Broccoli Peaches Mandarin Oranges Salad Bar Chocolate Skim Milk</p> <p>FIGARO'S @ SUAMICO & BAY HAR- BOR</p>	<p>13</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Corn Baby Carrots/Dip Mixed Fruit Applesauce Chocolate Skim Milk</p> 	<p>14</p> <p>Ham French Toast Sticks with Syrup Mini Tri Taters Jicama Sticks Strawberries Pineapple Chocolate Skim Milk</p>	<p>15</p> <p>Fish Nuggets Tartar Sauce Cheesy Macaroni Green Beans Raw Veggies Dip Peaches Fresh Whole Pear Chocolate Skim Milk</p>
<p>18</p> <p>Chicken Strips Ranch or BBQ Sauce Dinner Roll Sweet Potato Dippers Green Beans Sugar Snap Peas Dip Peaches Applesauce Chocolate Skim Milk</p>	<p>19</p> <p>NACHO GRANDE: Nacho Chips with Nacho Meat & Cheese Sauce Lettuce & Tomato, Salsa Sour Cream, Black Olives Refried Beans Corn Pineapple Orange Wedges Chocolate Skim Milk</p> 	<p>20</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies Dip Banana Dragon Punch Chocolate Skim Milk</p>	<p>21</p> <p>Lasagna Dinner Garlic Toast Broccoli & Cauliflower Peaches Mixed Fruit Salad Bar Chocolate Skim Milk</p> <p>FIGARO'S @ FOREST GLEN</p>	<p>22</p> <p>Hot Dog on a Bun OR Sub Sandwich Baked Beans Peas & Carrots Pineapple Apple Slices Chocolate Skim Milk</p>
<p>25</p> <p>Pepperoni Pizza Broccoli Baby Carrots/Dip Pears Peaches Chocolate Skim Milk</p> 	<p>26</p> <p>FALL FEAST: Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Cranberry Sauce Mandarin Oranges Apple Slices Pumpkin Chocolate Chip Square Chocolate Skim Milk</p>	<p>27</p> <p>HALF DAY NO LUNCH</p> 	<p>28</p> 	<p>29</p> <p>NO SCHOOL</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 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p align="center">Trix Yogurt Choc Chip Mini Grahams Grapes 1% Milk</p> 	<p>5</p> <p align="center">Glazed Pancakes Orange Wedges 1% Milk</p>	<p>6</p> <p align="center">Pumpkin Muffin Square & Margarine String Cheese Apple Slices 1% Milk</p> 	<p>7</p> <p align="center">Breakfast Quesadilla Salsa or Ranch Dressing Applesauce 1% Milk</p>	<p>8</p> <p align="center">Fruity Cheerios Cheese Stick & Banana 1% Milk</p> 
<p>11</p> <p align="center">Muffin & Margarine String Cheese Grapes 1% Milk</p> 	<p>12</p> <p align="center">Apple Filled Breadstick Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>13</p> <p align="center">Fruity Cheerios Bar Cinn Graham Squares Applesauce 1% Milk</p>	<p>14</p> <p align="center">Breakfast Pastry Square Applesauce 1% Milk</p>	<p>15</p> <p align="center">Cocoa Puffs Cereal String Cheese Banana 1% Milk</p>
<p>18</p> <p align="center">Trix Yogurt Choc Chip Mini Grahams Cinn Graham Squares Grapes 1% Milk</p>	<p>19</p> <p align="center">Bacon Scramble Pizza Orange Wedges 1% Milk</p> 	<p>20</p> <p align="center">Pumpkin Muffin Square & Margarine String Cheese Applesauce 1% Milk</p> 	<p>21</p> <p align="center">Chocolate Chip Waffle Apple Slices 1% Milk</p>	<p>22</p> <p align="center">Trix Cereal Animal Crackers Banana 1% Milk</p> 
<p>25</p> <p align="center">Banana or Zucchini Bread Margarine Grapes 1% Milk</p>	<p>26</p> <p align="center">Pancake Wrapped Sausage Cinn Graham Squares Applesauce 1% Milk</p> 	<p>27</p> <p align="center">Strawberry Pop-Tart Animal Crackers Apple Slices 1% Milk</p>	<p>28</p> 	<p>29</p> <p align="center">HAPPY THANKSGIVING</p>

Includes choice of 2%, chocolate or skim milk. Menu is subject to change.