



















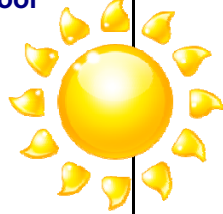



Howard-Suamico School District Menu October 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg
<p>1</p> <p>Hot Dog on a Bun Ketchup, Mustard Baked Beans Baby Carrots and Dip Applesauce Grapes Chocolate Skim Milk</p> 	<p>2</p> <p>Diced Chicken in Gravy Mashed Potatoes Cinnamon Bread Peas & Carrots Pears Watermelon Chocolate Skim Milk</p>	<p>3</p> <p>Max Sticks Pizza Sauce Broccoli & Cauliflower Mandarin Oranges Apple Slices Chocolate Skim Milk</p> 	<p>4</p> <p>Lasagna Dinner Dinner Roll Green Beans Pineapple Salad Bar Chocolate Skim Milk</p> <p>FIGAROS @ HOWARD & MEADOWBROOK</p>	<p>5</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll, Corn Raw Veggies/dip Peaches, Pears Birthday Shape-Up Strawberry Skim Milk</p> <p>HAPPY BIRTHDAY OCTOBER BABIES!</p>	<p>Calories 685 Cholesterol 32 mg Sodium 1569 mg Dietary Fiber 10.48 g Iron 5.09 mg Calcium 463.87 mg Vitamin A 5461 IU Vitamin C 40.43 mg Protein 30.97 g 18.1% Carbohydrate 100.66 g 58.8% Total Fat 18.77 g 24.7% Saturated Fat 6.10 g 8.0%</p>
<p>8</p> <p>Hamburger on a Bun Sliced Cheese Ketchup, Mustard Broccoli Jicama Sticks Mixed Fruit Mandarin Oranges Chocolate Skim Milk</p> 	<p>9</p> <p>2 Soft Shell Tacos with Taco Meat Taco Toppings: Cheddar Cheese, Salsa Tomato, Lettuce Sour Cream Black Beans, Corn Peaches, Pears Chocolate Skim Milk</p>	<p>10</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel W/Cheese Sauce Broccoli Cauliflower Salad Sugar Snap Peas & Dip Mandarin Oranges Juice Cup Chocolate Skim Milk</p>	<p>11</p> <p>Double Stuff Cheese Pizza Cauliflower Peaches Mixed Fruit Salad Bar Chocolate Skim Milk</p> 	<p>12</p> <p>Cheesy Chili Mac: Cheesy Macaroni w/ Chili Con Carne & Shredded Cheese Bread Stick Green Beans Baby Carrots and Dip Pears, Banana Chocolate Skim Milk</p> 	<p>Calories 690 Cholesterol 37 mg Sodium 1264 mg Dietary Fiber 9.89 g Iron 4.53 mg Calcium 673.43 mg Vitamin A 3546 IU Vitamin C 48.37 mg Protein 33.50 g 19.4% Carbohydrate 105.10 g 61.0% Total Fat 15.86 g 20.7% Saturated Fat 6.13 g 8.0%</p>
<p>15</p> <p>WHAT'S COOKING - COOKING UP SMILES™ Chicken Giggles Ranch or BBQ Sauce Vanilla Sweet Potato Fries Broccoli Mixed Fruit Peaches Chocolate Skim Milk</p> 	<p>16</p> <p>NATIONAL Spaghetti with Meat Sauce Dinner Roll Green Beans, Pineapple Mandarin Oranges Salad Bar Chocolate Skim Milk</p> <p>FIGAROS @ FOREST GLEN</p>	<p>17</p> <p>SCHOOL BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Strawberries Applesauce Chocolate Skim Milk</p>	<p>18</p> <p>LUNCH Salisbury Steak in Gravy Mashed Potatoes French Bread, Corn Baby Carrots and Dip Pineapple Peaches Chocolate Skim Milk</p> <p>FIGAROS @ SUAMICO & BAY HARBOR</p> 	<p>19</p> <p>WEEK Mm-Mm-GOOD! Grilled Cheese Sandwich Tomato Soup Baked Beans Pears Grapes Chocolate Skim Milk</p>	<p>Calories 713 Cholesterol 35 mg Sodium 1650 mg Dietary Fiber 9.35 g Iron 4.02 mg Calcium 470.40 mg Vitamin A 3320 IU Vitamin C 34.67 mg Protein 30.56 g 17.1% Carbohydrate 108.39 g 60.8% Total Fat 19.21 g 24.2% Saturated Fat 5.57 g 7.0%</p>
<p>22</p> <p>Chicken Strips Ranch or BBQ Sauce Broccoli & Cauliflower Sugar Snap Peas Mixed Fruit Orange Wedges Chocolate Pudding Chocolate Skim Milk</p>	<p>23</p> <p>NACHO SUPREME: Nacho Chips, Taco Meat Topping Choices: Cheese Sauce Lettuce, Tomato Black Olives, Salsa Sour Cream Refried Beans, Corn Peaches, Pears Chocolate Skim Milk</p> 	<p>24</p> <p>Pepperoni Pizza Green Beans Baby Carrots and Dip Pineapple Banana Chocolate Skim Milk</p>	<p>25</p> <p>NO SCHOOL</p> 	<p>26</p> <p>NO SCHOOL</p> 	<p>Calories 623 Cholesterol 36 mg Sodium 1098 mg Dietary Fiber 8.11 g Iron 3.67 mg Calcium 577.55 mg Vitamin A 3735 IU Vitamin C 37.72 mg Protein 29.25 g 18.8% Carbohydrate 85.12 g 54.6% Total Fat 19.20 g 27.7% Saturated Fat 5.19 g 7.5%</p>
<p>29</p> <p>MUNCH A LUNCH: Trix Yogurt String Cheese Soft Pretzel W/Chs Sauce Broccoli Cauliflower Salad Baby Carrots and Dip Pears Juice Cup Chocolate Skim Milk</p> 	<p>30</p> <p>Teriyaki Beef Dippers Rice Dinner Roll Oriental Veg Blend Mixed Fruit, Peaches Salad Bar Chocolate Skim Milk</p> <p>FIGAROS @ HOWARD & MEADOWBROOK</p>	<p>31</p> <p>Spine-Chilling Chicken Nuggets Ranch or BBQ Sauce Count Dracula's Corn Creepy Cuke Sticks Frankenstein's Fruit Cocktail Witches' Orange Wedges Pumpkin Patch Cookie Chocolate Skim Milk</p>	<p>1</p> <p>Portesi Cheese Fries Pizza Sauce Green Beans Pineapple Grapes Chocolate Skim Milk</p> <p>HAPPY HALLOWEEN</p>	<p>2</p> <p>Hot Dog on a Bun OR Sub Sandwich Ketchup, Mustard Baked Beans Raw Veggies/dip Mandarin Oranges, Pears Birthday Shape-Up Strawberry Skim Milk</p> <p>HAPPY BIRTHDAY NOVEMBER BABIES!</p>	<p>Calories 698 Cholesterol 36 mg Sodium 1215 mg Dietary Fiber 9.15 g Iron 4.97 mg Calcium 548.27 mg Vitamin A 3761 IU Vitamin C 54.41 mg Protein 30.18 g 17.3% Carbohydrate 104.40 g 59.8% Total Fat 18.37 g 23.7% Saturated Fat 5.91 g 7.6%</p>

Elementary Breakfast Menu - October 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients Avg	
<p>1</p> <p>Blueberry Muffin & Margarine String Cheese & Wheat Crackers Grapes 1% Milk</p>	<p>2</p> <p>Apple Filled Breadstick Cinn Graham Squares Banana 1% Milk</p> 	<p>3</p> <p>Fruity Cheerios Bar Cinn Graham Bears Applesauce 1% Milk</p>	<p>4</p> <p>Breakfast Pastry Square Cinn Graham Squares Apple Slices 1% Milk</p>	<p>5</p> <p>Choc Mlni Wheat Cereal All-Sport Graham Bites Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>Calories 469 Cholesterol 19 mg Sodium 491 mg Dietary Fiber 4.47 g Iron 5.90 mg Calcium 424.80 mg Vitamin A 1124 IU Vitamin C 25.41 mg Protein 15.34 g 13.1% Carbohydrate 81.68 g 69.7% Total Fat 12.22 g 23.4% Saturated Fat 4.15 g 8.0%</p>	
<p>8</p> <p>Trix Yogurt Vanilla Grahams W/Cocoa Cinn Graham Squares Grapes 1% Milk</p> 	<p>9</p> <p>Bacon Scramble Pizza Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>10</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p>	<p>11</p> <p>Chocolate Chip Waffle Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>12</p> <p>Trix Cereal Animal Crackers Cinn Graham Squares Banana 1% Milk</p> 		<p>Calories 510 Cholesterol 33 mg Sodium 594 mg Dietary Fiber 4.69 g Iron 3.71 mg Calcium 463.66 mg Vitamin A 1675 IU Vitamin C 23.61 mg Protein 16.76 g 13.1% Carbohydrate 81.81 g 64.1% Total Fat 13.93 g 24.6% Saturated Fat 5.04 g 8.9%</p>
<p>15</p> <p>Apple Muffin & Margarine Cheese Stick & Wheat Crackers Grapes 1% Milk</p>	<p>16</p> <p>Pancake Wrapped Sausage Cinn Graham Squares Applesauce 1% Milk</p>	<p>17</p> <p>Hard-Cooked Egg Fruity Cheerios Bar Cinn Graham Squares Orange Wedges 1% Milk</p> 	<p>18</p> <p>Breakfast Taco Salsa or Ranch Dressing Cinn Graham Squares Banana 1% Milk</p>	<p>19</p> <p>Choc Mlni Wheat Cereal Dino Bites Grahams Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>Calories 492 Cholesterol 66 mg Sodium 633 mg Dietary Fiber 5.33 g Iron 5.77 mg Calcium 436.65 mg Vitamin A 1353 IU Vitamin C 26.92 mg Protein 17.87 g 14.5% Carbohydrate 75.68 g 61.6% Total Fat 14.80 g 27.1% Saturated Fat 5.04 g 9.2%</p>	
<p>22</p> <p>Trix Yogurt Honey Nut Sunflower Seeds Cinn Graham Squares Apple Slices 1% Milk</p> 	<p>23</p> <p>Breakfast Bagel Pizza Cinn Graham Squares Orange Wedges 1% Milk</p>	<p>24</p> <p>Pumpkin Muffin Square & Margarine String Cheese & Wheat Crackers Applesauce 1% Milk</p> 	<p>25</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">No School</p> 			<p>26</p> <p style="font-size: 1.2em; font-weight: bold; color: blue;">No School</p>
<p>29</p> <p>Chocolate Muffin & Margarine Cheese Stick & Wheat Crackers Orange Wedges 1% Milk</p>	<p>30</p> <p>Cinn Glazed French Toast Cinn Graham Squares Applesauce 1% Milk</p>	<p>31</p> <p>Hard-Cooked Egg Goldfish Crackers Cinn Graham Squares Grapes 1% Milk</p> 	<p>1</p> <p>Mini Blueberry Waffles Cinn Graham Squares Banana 1% Milk</p>	<p>2</p> <p>Strawberry Pop-Tart Animal Crackers Apple Slices 1% Milk</p>	<p>Calories 490 Cholesterol 91 mg Sodium 509 mg Dietary Fiber 5.33 g Iron 3.33 mg Calcium 421.05 mg Vitamin A 1282 IU Vitamin C 24.88 mg Protein 16.67 g 13.6% Carbohydrate 76.78 g 62.7% Total Fat 14.62 g 26.9% Saturated Fat 4.78 g 8.8%</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.