

Howard-Suamico School District Menu October 2014



TOMATOES














Eating a $\frac{1}{2}$ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Vitamin C helps the body heal cuts and scrapes and helps lower the risk of infection and getting sick.

Eat Fruits & Vegetables



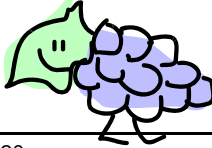

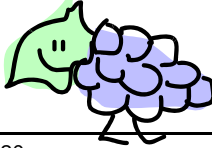





Circle all fruits and vegetables on the menu.

- How many fruits did you find?
- How many vegetables did you find?
- What is your favorite way to eat tomatoes?

Alternative entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price: \$1.90 K-4th; \$2.10 5th-8th; \$.40 reduced price. Menu is subject to change. Visit www.hssd.k12.wi.us/foodservices for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 2 Soft Shell Tacos with Taco Meat Cheese, Lettuce, Tomato Sour Cream, Salsa Black Beans Rice Corn Mixed Fruit Pineapple	2 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Margarine Broccoli Pears Peaches Salad Bar 	BAY PORT HOME COMING: GO PIRATES! Chicken Nuggets Ranch or BBQ Sauce Rush'm Dinner Roll Push'm Back Peas Beat'm Raw Veggies/Dip Mangle'm Mixed Fruit Squash'm Saucy Applesauce Strawberry Milk Choice Birthday Fruit Ice HAPPY BIRTHDAY, OCTOBER BABIES!
6 Hamburger/Bun Cheese Slice Lettuce & Tomato Baked Beans Raw Veggies/Dip Pears Mandarin Oranges	7 WACKY WAFFLE BRUNCH FOR LUNCH: Cheese Omelet Belgian Waffle Stick Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Strawberries Applesauce 	8 Trix Yogurt String Cheese Soft Pretzel w/Cheese Sauce Baby Carrots/Dip Mandarin Oranges Pears Tropical Twist Juice Cup	9 Lasagna Bake Garlic Toast Corn Peaches Pears Salad Bar  FIGARO'S @ HOWARD & MEADOWBROOK	10 Mini Corn Dogs Green Beans Raw Veggies/Dip Applesauce Banana
GET IN THE GAME WITH SCHOOL LUNCH - CELEBRATING NATIONAL SCHOOL LUNCH WEEK OCTOBER 13-17				
13 ALL-STAR Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Sweet Potato Dippers/Dip Mixed Fruit Apple Slice 	14 SPORTSMAN'S Salisbury Steak in Gravy Mashed Potatoes Bread Slice Broccoli Peaches Apple Slices FIGARO'S @ FOREST GLEN	15 SLAM DUNK DIPPER DAY: Meatballs with BBQ or Marinara Sauce Soft Pretzel Sticks with Cheese Sauce Cauliflower Baby Carrots with Dip Pears Grapes 	16 POWERHOUSE Pepperoni Pizza Green Beans Pineapple Mandarin Oranges Salad Bar Cherry Tomatoes 	17 PACKER TAILGATE: CHEESEHEAD Chili Dog on a Bun with Shredded Cheese Touchdown Tater Tots Raw Carrots & Celery/Dip Mixed Fruit Apple Slices
20 Chicken Tenders Ranch or BBQ Sauce Seasoned Rice Peas Baby Carrots/Dip Orange Wedges 	21 NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Refried Beans, Corn Peaches, Pears Black Bean Salsa 	22 Real Slice Cheese Pizza California Vegetable Blend Sugar Snap Peas/Dip Mandarin Oranges Mixed Fruit Banana 	23 Spaghetti & Meat Sauce Bread Stick Green Beans Pears Pineapple Salad Bar FIGARO'S @ SUAMICO & BAY HARBOR	24 Lotsa Mozza Bread Sticks Pizza Sauce Tomato Soup Raw Veggies/Dip Mandarin Oranges Grapes
27 Hot Dog/Bun OR Sub Sandwich Baked Beans Baby Carrots/Dip Mandarin Oranges Mixed Fruit	28 Portesi Cheese Fries Pizza Sauce Green Beans Pineapple Banana Salad Bar 	29 Spine-Chilling Chix Nuggets Ranch or BBQ Sauce Devilish Dinner Roll Bogyman Broccoli Creepy Cucumber Slices Frankenstein Fruit Cocktail Blood Red Apple Slices Pumpkin Patch Cookie	30  NO SCHOOL	31 NO SCHOOL 

Elementary Breakfast Menu - October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Includes choice of 1%, fat free chocolate, or skim milk. Meal price is \$1.25; meal is free to those approved for free or reduced price meals. Menu is subject to change.		1 Banana Bread Orange Wedges Juice 	2 Chocolate Chip Waffle Apple Slices Juice 	3 Trix Cereal Cinn Graham Squares Banana Juice
6 Muffin Grapes Juice 	7 Pancake Wrapped Sausage Banana Juice	8 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	9 Breakfast Taco Salsa or Ranch Dressing Flavored Applesauce Cup Juice	10 Cinn Toast Crunch Bar Cinn Graham Squares Orange Wedges Juice
13 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	14 Breakfast Bagel Pizza Banana Juice	15 Pumpkin Muffin Square Cheese Stick Orange Wedges Juice 	16 Mini Pancakes Flavored Applesauce Cup Juice 	17 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice
20 Banana Bread Margarine Orange Wedges Juice	21 Cinn Glazed French Toast Flavored Applesauce Cup Juice	22 Trix Cereal Bar Hard-Cooked Egg Banana Juice 	23 Mini Blueberry Waffles Grapes Juice	24 Strawberry Pop-Tart Apple Slices Juice
27 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	28 Egg & Cheese Sandwich Banana Juice	29 Pumpkin Muffin Square Cheese Stick & Orange Wedges Juice 	30 NO SCHOOL	31 NO SCHOOL

Tomato word search

Find the words below in the word search. Each word is a different type of tomato.

DFMCZUDCG
IEJHAZVAN
CIGEGPRCF
KKRRTLUB
DMARLUSMD
PXPYQMPSP
BEEFSTEAK
URYCVICRV
EDIGLPYIR

Word List
Beefsteak
Plum
Grape
Cherry
Campari

Coloring Tomatoes



Tomatoes can come in almost every color of the rainbow except blue! Color the tomatoes all different colors to represent each kind.