

Howard-Suamico School District Menu September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>WELCOME BACK!</p> 	<p>2</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas & Carrots Cucumber Slices/Dip Peaches Pineapple</p>	<p>3</p> <p>Pepperoni Pizza Cauliflower Raw Veggies/Dip Mixed Fruit Apple Slices</p>	<p>4</p> <p>Hamburger on a Bun Cheese Triangle Lettuce & Tomato Broccoli Baby Carrots/Dip Pears Mandarin Oranges</p> 	<p>5</p> <p>Mini Corn Dogs Baked Beans gar Snap Peas/Dip Apple Slices Mixed Fruit Birthday Fruit Ice HAPPY BIRTHDAY, SEPTEMBER BABIES!</p>
<p>8</p> <p>Lotsa Mozza Bread Sticks w/Pizza Sauce Green Beans Baby Carrots/Dip Mandarin Oranges Pears</p>	<p>9</p> <p>2 Soft Shell Tacos with Taco Meat Cheese, Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Mixed Fruit Pineapple</p> 	<p>10</p> <p>MUNCH-A-LUNCH: Yogurt & String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Mandarin Oranges Banana Cherry Star Juice Cup</p> 	<p>11</p> <p>Diced Chicken in Gravy Mashed Potatoes Dinner Roll Broccoli Pears Peaches Salad Bar</p> <p>FIGARO'S@ HOWARD & MEADOWBROOK</p>	<p>12</p> <p>DOGGONE GOOD Hot Dog on a Bun Green Beans Raw Veggies/Dip Pineapple Watermelon Cookie</p> 
<p>15</p> <p>Chicken Tenders Ranch or BBQ Sauce Bread Slice Baked Beans Peas & Carrots Applesauce Banana</p> 	<p>16</p> <p>Spaghetti & Meat Sauce Bread Stick Cauliflower Mixed Fruit Pineapple Salad Bar</p> <p>FIGARO'S @ FOREST GLEN</p>	<p>17</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Mini Tri Taters Jicama Sticks Pears Grapes</p>	<p>18</p> <p>Salisbury Steak in Gravy Mashed Potatoes Cinnamon Roll Broccoli Peaches Apple Slices</p> <p>FIGARO'S@ SUAMICO & BAY HARBOR</p> 	<p>19</p> <p>Sloppy Joe/Bun OR Ham & Cheese/Bun Green Beans Baby Carrots/Dip Pears Pineapple</p>
<p>22</p> <p>TWICE AS GOOD Mini Cheeseburgers Cauliflower Raw Veggies/Dip Mixed Fruit Applesauce</p> 	<p>23</p> <p>Portesi Italian Flatbread (Cheese Fries) with Pizza Sauce Broccoli Peaches Pears Salad Bar</p>	<p>24</p> <p>NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Refried Beans Rice, Corn Pineapple Mandarin Oranges</p> 	<p>25</p> <p>Chicken Patty/Bun Lettuce & Tomato Peas & Carrots Cucumber Slices/Dip Peaches Banana</p> <p> Multi-colored Pepper Strips</p>	<p>26</p> <p>Stuffed Crust Pepperoni Pizza Wedge Corn Raw Veggies/Dip Orange Wedges Pineapple</p>
<p>29</p> <p>Mini Corn Dogs Baked Beans Sugar Snap Peas/Dip Mixed Fruit Apple Slices</p>	<p>30</p> <p>Lotsa Mozza Bread Sticks Tomato Soup Baby Carrots/Dip Peaches Pears</p>	<p> Welcome Back</p>		<p></p>



PEPPERS

A ½ cup of sweet peppers (green, yellow and red varieties) has lots of vitamin C. Eating sweet red peppers is also a good way to get vitamin B₆. Vitamin B₆ helps your body build healthy blood cells.





EAT YOUR VEGETABLES

Circle all vegetables on the menu.

- How many vegetables are green?
- How many are red?
- How many are yellow?
- Draw a star next to your favorite

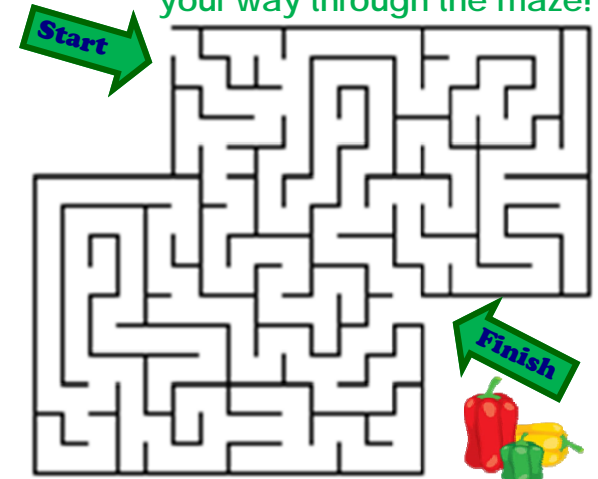
Alternative entree offered daily. Milk choices include 1%, skim, and fat-free chocolate.
Lunch price: \$1.90 K-4th; \$2.10 5th-8th; \$.40 reduced price.
Menu is subject to change.
Visit www.hssd.k12.wi.us/foods-services for more information.

Elementary Breakfast Menu - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1  LABOR DAY	2 Muffin Grapes Juice	3 Fruity Cheerios Bar Hard-Cooked Egg Apple Slices Juice 	4 Breakfast Taco Salsa, Ranch Dressing Applesauce Cup Juice	5 Cinn Toast Crunch Bar Cinn Graham Squares Orange Wedges Juice
8 Trix Yogurt Chocolate Chip Gripz Grapes Juice	9 Breakfast Bagel Pizza Banana Juice 	10 Pumpkin Muffin Square Cheese Stick Orange Wedges Juice	11 Mini Pancakes Applesauce Cup Juice 	12 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice 
15 Banana Bread Orange Wedges Juice 	16 Cinn Glazed French Toast Applesauce Cup Juice	17 Trix Cereal Bar Hard-Cooked Egg Banana Juice	18 Mini Blueberry Waffles Grapes Juice 	19 Strawberry Pop-Tart Apple Slices Juice
22 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	23 Egg & Cheese Sandwich Banana Juice	24 Pumpkin Muffin Square Cheese Stick Orange Wedges Juice 	25 Breakfast Quesadilla Salsa, Ranch Dressing Applesauce Cup Juice	26 Apple Jacks Cinn Graham Squares Apple Slices Juice 
29 Breakfast Pastry Square Applesauce Cup Juice	30 Bacon Scramble Pizza Grapes Juice	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.		

PEPPER MAZE

Reach the peppers by finding your way through the maze!



SCRAMBLED PEPPERS

Oh no! The names of these popular pepper varieties are scrambled. Unscramble the letters and circle if the variety is a sweet or hot (chili) pepper.

Banana cayenne cherry green bell
Habanero jalapeno pimento red bell

npaolaejp _____ (sweet/hot)

aabnna _____ (sweet/hot)

lelrebd (2 words) _____ (sweet/hot)

yancene _____ (sweet/hot)

rehnaoba _____ (sweet/hot)

brleelgen (2 words) _____ (sweet/hot)

rycehr _____ (sweet/hot)

oimtpen _____ (sweet/hot)