Howard-Suamico School District Menu September 2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Welcome Back | 1 <br> Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas \& Carrots Fresh Cucumbers/Dip Peaches Pineapple | 2 <br> Pepperoni Pizza Cauliflower Raw Veggies/Dip Mixed Fruit Grapes | 3 <br> HAMBURGER DELUXE: <br> Hamburger on a Bun Cheese Slice <br> Lettuce, Tomato, Pickle Broccoli Baby Carrots/Dip Pears <br> Mandarin Oranges | 4 <br> Mini Corn Dogs Baked Beans Sugar Snap Peas/Dip Apple Slices Mixed Fruit Birthday Fruit Ice HAPPY BIRTHDAY, SEPTEMBER BABIES! |
| NO SCHOOL | 8 <br> MUNCH-A-LUNCH: <br> Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Mandarin Oranges Banana Juice Box | 9 <br> TACOS SUPREME: <br> 2 Soft Shell Tacos with Meat \& Cheese Lettuce, Tomato, Salsa Black Beans, Sour Cream Rice Corn Mixed Fruit Pineapple | 10 <br> Diced Chicken in Gravy <br> PIZZA SCHMIZZA @ HOWARD \& MEADOWBROOK <br> Mashed Potatoes Dinner Roll Broccoli Pears Peaches Salad Bar | 11 <br> Hot Dog on a Bun Green Beans Raw Veggies/Dip Pineapple Watermelon Snickerdoodle Cookie |
| 14 <br> Chicken Tenders Ranch or BBQ Sauce Bread Slice Baked Beans Peas \& Carrots Applesauce Banana | $\begin{aligned} & \text { Zesty Spaghetti \& } \\ & \text { Meat Sauce } \\ & \text { PIZZA SCHMIZZA @ } \\ & \text { FOREST GLEN } \\ & \text { Bread Stick } \\ & \text { Cauliflower } \\ & \text { Mixed Fruit } \\ & \text { Pineapple } \\ & \text { Salad Bar } \end{aligned}$ | Ham <br> French Toast Sticks Mini Tri Taters Jicama Sticks Pears Grapes | 17 <br> Savory Salisbury Steak in Gravy <br> PIZZA SCHMIZZA @ SUAMICO \& BAY HARBOR <br> Mashed Potatoes Cinnamon Roll Broccoli Peaches Apple Slices | 18 <br> Sloppy Joe on a Bun OR <br> Deli Ham \& Cheese on a Bun <br> Green Beans Baby Carrots/Dip Pears Pineapple |
| 21 <br> HAMBURGER DELUXE: <br> Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Cauliflower Raw Veggies/Dip Pineapple Applesauce | 22 <br> Portesi Cheese Fries with Pizza Sauce Broccoli Peaches Pears Salad Bar | 23 <br> NACHO GRANDE: <br> Nachos with Meat \& Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Rice Refried Beans Corn Pineapple Mandarin Oranges | 24 <br> Chicken Patty on a Bun Peas \& Carrots Fresh Cucumbers/Dip Peaches Banana 2 |  |
| 28 <br> Cheese Omelet Belgian Waffle Stick Mini Tri Taters Crispy Fresh Cucumbers Banana Applesauce | Cheesy French Bread Pizza with Pizza Sauce Green Beans Baby Carrots/Dip Mixed Fruit Apple Slices | 30 <br> MUNCH-A-LUNCH: <br> Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Baby Carrots/Dip ${ }_{2}$ Mandarin Oranges Pineapple Juice Box | Look for zu squash sur through Se <br> "Visit this link for fu summer squash." http: default/files/SNAC\% summer_squash_\%2 | chini and summer rises on the menu tember. <br> information about <br> //www.panen.org/sites/ 2Materials/ newsletter_Two_1.pdf |



## Farm to School

## Welcome back to school!

 This is a great time of year to enjoy produce that grows on vines like tomatoes, cucumbers, summer squash, zucchini and melon.
## EATYOUR RRUIS \& VEGGIES

## Circle all fruits \& veggies on

 the menu.- How many fruits \& veggies are red?
- How many are green?
- How many are yellow?
- How many are orange?
- Put a star next to your favorite fruits \& veggies.

Alternate entree offered daily. Fat-free chocolate, skim, or $1 \%$ milk included with meal. Lunch price is $\$ 2.00$ for grades $\mathrm{K}-4, \$ 2.20$ for $5-8, \$ .40$ reduced price, and $\$ .35$ milk. This institution is an equal opportunity provider and employer.

Elementary Breakfast Menu - September 2015

| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  | 1 <br> Chocolate Chip Muffin Applesauce Cup Juice | 2 <br> Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice | 3 <br> Pancake Wrapped Sausage Banana Juice | 4 <br> Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice |
| 7 <br> NO SCHOOL LABOR DAY | 8 <br> Trix Yogurt Chocolate Chip Gripz Banana | 9 <br> Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice | 10 <br> Cinn Glazed French Toast Applesauce Cup Juice | 11 <br> Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice |
| 14 <br> Banana Bread Orange Wedges Juice | 15 <br> Breakfast Bagel Pizza Banana Juice | 16 <br> Trix Cereal Bar Hard-Cooked Egg Grapes Juice | 17 <br> Mini Blueberry Waffles Applesauce Cup Juice | 18 <br> Strawberry Pop-Tart Apple Slices Juice |
| 21 <br> Trix Yogurt Chocolate Chip Gripz Grapes Juice | 22 <br> Egg \& Cheese Sandwich Banana Juice | 23 <br> Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice | 24 <br> Mini Pancakes Applesauce Cup Juice | 25 <br> Apple Jacks Cinn Graham Squares Apple Slices Juice |
| 28 <br> Cinnamon Pop-Tart Applesauce Cup Juice | 29 <br> Bacon Scramble Pizza Grapes Juice | 30 <br> Banana Bread Orange Wedges Juice | Includes choice chocolate, or skim subject to change \$1.25; meal is approved for free meals. This instit opportunity provid | of 1\%, fat free m milk. Menu is . Meal price is free to those or reduced price ution is an equal er and employer. |


There are plenty of fruits and vegetables ready for harvesting in Wisconsin this month. Circle the ones that you have tried.

| Apples | Kale |
| :--- | :--- |
| Arugula | Kohlrabi |
| Beans | Leeks |
| Beets | Okra |
| Bell Peppers | Onion |
| Bok Choy | Pears |
| Broccoli | Potatoes |
| Brussels | Radishes |
| Cabbage | Raspberries |
| Carrots | Rutabagas |
| Cauliflower | Salad Mix |
| Chard | Scallions |
| Collard Greens | Spinach |
| Corn | Sprouts |
| Cranberries | Squash |
| Cucumbers | Tomatillos |
| Eggplant | Tomatoes |
| Grapes | Zucchini |

Hot Peppers

