#### Howard-Suamico School District Menu September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back	1 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas & Carrots Fresh Cucumbers/Dip Peaches Pineapple	2 Pepperoni Pizza Cauliflower Raw Veggies/Dip Mixed Fruit Grapes	3 HAMBURGER DELUXE: Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Broccoli Baby Carrots/Dip Pears Mandarin Oranges	4 Mini Corn Dogs Baked Beans Sugar Snap Peas/Dip Apple Slices Mixed Fruit Birthday Fruit Ice HAPPY BIRTHDAY, SEPTEMBER BABIES!
7 NO SCHOOL	8 MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Mandarin Oranges Banana Juice Box	9 <b>TACOS SUPREME:</b> 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Black Beans, Sour Cream Rice Corn Mixed Fruit Pineapple	10 Diced Chicken in Gravy PIZZA SCHMIZZA @ HOWARD & MEADOWBROOK Mashed Potatoes Dinner Roll Broccoli Pears Peaches Salad Bar	11 Hot Dog on a Bun Green Beans Raw Veggies/Dip Pineapple Watermelon Snickerdoodle Cookie
14 Chicken Tenders Ranch or BBQ Sauce Bread Slice Baked Beans Peas & Carrots Applesauce Banana	15 Zesty Spaghetti & Meat Sauce PIZZA SCHMIZZA @ FOREST GLEN Bread Stick Cauliflower Mixed Fruit Pineapple Salad Bar	16 Ham French Toast Sticks Mini Tri Taters Jicama Sticks Pears Grapes	17 Savory Salisbury Steak in Gravy PIZZA SCHMIZZA @ SUAMICO & BAY HARBOR Mashed Potatoes Cinnamon Roll Broccoli Peaches Apple Slices	18 Sloppy Joe on a Bun OR Deli Ham & Cheese on a Bun Green Beans Baby Carrots/Dip Pears Pineapple
21 HAMBURGER DELUXE: Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Cauliflower Raw Veggies/Dip Pineapple Applesauce	22 Portesi Cheese Fries with Pizza Sauce Broccoli Peaches Pears Salad Bar	23 NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Rice Refried Beans Corn Pineapple Mandarin Oranges	24 Chicken Patty on a Bun Peas & Carrots Fresh Cucumbers/Dip Peaches Banana	25 Stuffed Crust Pepperoni Pizza Corn Raw Veggies/Dip Orange Wedges Pineapple
28 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 MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Baby Carrots/Dip Mandarin Oranges Pineapple Juice Box	wwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwwww	information about //www.panen.org/sites/



## 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.

#### EAT YOUR FRUITS & 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 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	SEPTEMBER HA	RVEST ITEMS
T Chocolate Chip Muffin Applesauce Cup Juice		2 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice	3 Pancake Wrapped Sausage Banana Juice	4 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice	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
NO SCHOOL	Trix Yogurt Chocolate Chip Gripz Banana Juice	Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice	Cinn Glazed French Toast Applesauce Cup Juice	Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice	Beans	Leeks
LABOR DAY					Beets	Okra
					Bell Peppers	Onion
					Bok Choy	Pears
	and the second s				Broccoli	Potatoes
14 Banana Bread Orange Wedges Juice	15 Breakfast Bagel Pizza Banana Juice	16 Trix Cereal Bar Hard-Cooked Egg Grapes Juice	17 Mini Blueberry Waffles Applesauce Cup Juice	18 Strawberry Pop-Tart Apple Slices Juice	Brussels	Radishes
					Cabbage	Raspberries
					Carrots	Rutabagas
					Cauliflower	Salad Mix
					Chard	Scallions
24	22	00	24	25	Collard Greens	Spinach
21 Trix Yogurt Chocolate Chip Gripz Grapes	22 Egg & Cheese Sandwich Banana Juice	23 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice	24 Mini Pancakes Applesauce Cup Juice	Apple Jacks Cinn Graham Squares Apple Slices Juice	Corn	Sprouts
					Cranberries	Squash
		Juice		Juice	Cucumbers	Tomatillos
				C	Eggplant	Tomatoes
					Grapes	Zucchini
20	20	20			Hot Peppers	
28 Cinnamon Pop-Tart Applesauce Cup Juice	29 Bacon Scramble Pizza Grapes Juice	30 Banana Bread Orange Wedges Juice	Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.25; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer.			