

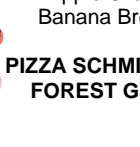


















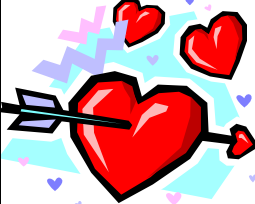


Howard-Suamico School District Menu February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty on a Bun Lettuce & Tomato Green Beans Baby Carrots/Dip Pears Peaches 	2 Sloppy Joe OR Italian Deli Meats & Cheese on a Bun Baked Beans Mixed Fruit Banana Salad Bar 	3 Salisbury Steak in Gravy Mashed Potatoes Peas & Carrots Mandarin Oranges Apple Slices Banana Bread PIZZA SCHMIZZA at FOREST GLEN 	4 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Applesauce Strawberries 	5 SUPERBOWL FUN: Football Chix Nuggets Dinner Roll Broccoli Baby Carrots/Dip Orange Wedges Mixed Fruit Birthday Cupcake Strawberry Milk Choice HAPPY BIRTHDAY, FEBRUARY BABIES!
8 CHINESE NEW YEAR: Asian-style Meatballs w/Rice and Teriyaki or Sweet & Sour Sauce Egg Roll Broccoli Chinese Pea Pods/Dip Mandarin Oranges Pineapple Fortune Cookie 	9 MARDI GRAS PARTY: Creole Corn Dogs Down Home Southern Sweet Potato Dippers with Cajun Ranch Dip Crispy Fresh Cukes Party Pears Festive Fruit Ice Salad Bar 	10 MUNCH-A-LUNCH: Trix Yogurt & String Cheese Soft Heart Pretzel w/Cheese Sauce Raw Veggies/Dip Pineapple Peaches Tropical Twist Juice Box 	11 TACO THURSDAY: 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Mixed Fruit Banana 	12 HAPPY VALENTINE: Cherished Heart Chicken Nuggets OR Friend Fish Nuggets Dearest Dinner Roll Girlfriend Green Beans Be My Baby Carrots/Dip Sweetheart Strawberries Apple Red Smiles Cupid's Cookie Strawberry Milk Choice 
15 PRESIDENT'S DAY: Hot Dog on a Bun Baked Beans Raw Veggies/Dip Peaches Mixed Fruit Cherry Chocolate Cake 	16 Spaghetti with Meat Sauce Garlic Toast Cauliflower Pineapple, Pears Salad Bar PIZZA SCHMIZZA at HOWARD & MEADOWBROOK 	17 Diced Chicken in Gravy Mashed Potatoes Chocolate Chip Muffin Green Beans Baby Carrots/Dip Mandarin Oranges Mixed Fruit 	18 Portesi Cheese Fries & Marinara Sauce Broccoli Jicama Sticks Peaches Applesauce 	19 NO SCHOOL 
22 Chicken Tenders Dinner Roll Green Beans Baby Carrots/Dip Pears Pineapple 	23 Stuffed Crust Pepperoni Pizza Broccoli Mixed Fruit Peaches Salad Bar 	24 NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato Black Olives, Salsa Sour Cream Refried Beans Corn Pineapple Grapes 	25 Salisbury Steak in Gravy Mashed Potatoes Bread Slice Peas & Carrots Mandarin Oranges Banana PIZZA SCHMIZZA at BAY HARBOR & SUAMICO 	26 Lotsa Mozza Sticks & Marinara Sauce Pasta Salad Broccoli Fresh Cukes/Dip Mixed Fruit Apple Slices 
29 Hamburger on a Bun Cheese Slice Lettuce & Tomato Green Beans Baby Carrots/Dip Peaches Pears 		 FEBRUARY HOM: Root Vegetables		



Roots & Tubers

Directions: Find the hidden words within the grid of letters.











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M U J H D C A R R O T R E
P O T A T O H O I X M A B
Q T X D Y P I N F J S D U
R U T A B A G A S I G I O
K Q B G Y L X T V C H S R
X M W H I T S U E A W H K
J O R K J R A R G M K J A
M Y O I B T M N E A P E Y
S U F G U U W I T R O O M
G T U B E R S P A S R S E
M Z H D R N K U B A V V T
R O O T S O G U L O M T R
Z D W G U I U C E H T A G
    
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CARROT RADISH TUBERS
 JICAMA ROOTS TURNIP
 POTATO RUTABAGAS VEGETABLE

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 - February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Pop-Tart Cinn Graham Squares Applesauce Cup Juice Cup Milk Choice	2 Bacon Scramble Pizza Grapes Juice Cup Milk Choice 	3 Banana Bread Orange Wedges Juice Cup Milk Choice	4 Chocolate Chip Waffle Apple Slices Juice Cup Milk Choice	5 Trix Cereal Cinn Graham Squares Banana Juice Cup Milk Choice 
8 Chocolate Chip Muffin Cinn Graham Squares Grapes Juice Cup Milk Choice	9 Breakfast Taco Cinn Graham Squares Banana Juice Cup Milk Choice 	10 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice Cup Milk Choice 	11 Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Cup Milk Choice	12 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice Cup Milk Choice
15 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice 	16 Egg & Cheese Sandwich Cinn Graham Squares Banana Juice Cup Milk Choice	17 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice Cup Milk Choice 	18 Cinn Glazed French Toast Applesauce Cup Juice Cup Milk Choice	19 
22 Banana Bread Orange Wedges Juice Cup Milk Choice 	23 Breakfast Bagel Pizza Cinn Graham Squares Applesauce Cup Juice Cup Milk Choice	24 Trix Cereal Bar Hard-Cooked Egg Banana Milk Choice Juice 	25 Mini Blueberry Waffles Grapes Juice Cup Milk Choice 	26 Strawberry Pop-Tart Cinn Graham Squares Apple Slices Juice Cup Milk Choice
29 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice				

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.
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Carrot & Sunshine Salad

Ingredients
 2 packs (10 oz. each) of shredded carrots
 ¾ cup raisins
 2 containers (6 oz. each) low-fat vanilla yogurt

Directions
 1. Mix all ingredients together in a mixing bowl.
 2. Cover with plastic wrap and refrigerate for 15 minutes.
 3. Toss again before serving.
 4. Taste!

Makes 24 taste tests
 Recipe adapted from Produce for Better Health



Potatoes

POTATOES

A ½ cup of cooked potatoes is a good way to get vitamin C and niacin. Niacin is a type of B-vitamin that helps your body make energy.

