
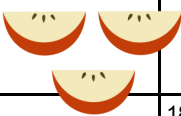





Howard-Suamico School District Lunch Menu January 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> 	<p>3</p> <p>Chicken Tenders Ranch or BBQ Sauce Dinner Roll Broccoli Baby Carrots & Dip Applesauce Mixed Fruit</p>	<p>4</p> <p>Portesi Cheese Fries Marinara Sauce California Vegetable Blend Salad Bar Grapes Peaches Chocolate Chip Cookie</p> 	<p>5</p> <p>2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Rice Corn Pears Pineapple</p>	<p>6</p> <p>Mini Corn Dogs Green Beans Raw Veggies & Dip Mixed Fruit Applesauce Birthday Cupcake Strawberry Milk</p> <p>HAPPY BIRTHDAY, JANUARY BABIES!</p>	
<p>9</p> <p>Hamburger on a Bun Cheese Slice Lettuce & Tomato Onion & Pickle Broccoli Baby Carrots & Dip Peaches Pears</p>	<p>10</p> <p>Pepperoni Pizza Round Green Beans Salad Bar Pineapple Apple Slices</p> 	<p>11</p> <p>BRUNCH FOR LUNCH Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Baby Carrots & Dip Applesauce Strawberries</p>	<p>12</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Baked Beans Broccoli Peaches Grapes</p>	<p>13</p> <p>Cup of Chili with Macaroni Breadstick Raw Veggies & Dip Mandarin Oranges Apple Slices</p>	
<p>16</p> <p>Chicken Patty on a Bun Lettuce & Tomato Green Beans Baby Carrots & Dip Pears Applesauce</p> 	<p>17</p> <p>Spaghetti & Meat Sauce Bread Stick California Vegetable Blend Salad Bar Pineapple Grapes</p> <p>PIZZA SCHMIZZA at FOREST GLEN</p>	<p>18</p> <p>Diced Chicken in Gravy with Mashed Potatoes Chocolate Chip Muffin Green Peas Baby Carrots & Dip Peaches Mixed Fruit</p> <p>PIZZA SCHMIZZA at SUAMICO & BAY HARBOR</p>	<p>19</p> <p>Nachos with Meat & Cheese Sauce Lettuce, Tomato, Olives, Salsa & Sour Cream Refried Beans Corn Pineapple Applesauce</p>	<p>20</p> <p>NO SCHOOL</p> 	
<p>23</p> <p>Hot Dog on a Bun Pickle Relish & Onion Green Peas Baby Carrots & Dip Pears Mandarin Oranges</p>	<p>24</p> <p>MUNCH A LUNCH Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies & Dip Grapes Tropical Twist Juice Box</p>	<p>25</p> <p>Homemade Italian Sausage Lasagna Bake Garlic Toast Broccoli & Cauliflower Salad Bar Peaches Mixed Fruit</p> <p>PIZZA SCHMIZZA at HOWARD & MEADOWBROOK</p>	<p>26</p> <p>Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Green Beans Baby Carrots & Dip Pears Pineapple</p> 	<p>27</p> <p>NEW! Cheeseburger Meatloaf Bukaroo' Biscuit Bandit Baked Beans Campfire Corn on the Cob Pioneer Peaches Appalachian Applesauce</p> <p>WILD WEST THEME</p>	
<p>30</p> <p>Mini Corn Dogs Green Peas Raw Veggies & Dip Mixed Fruit Applesauce</p> 	<p>31</p> <p>Chicken Smackers Chicken Egg Roll Sweet & Sour Sauce Rice Stir Fry Vegetables Cucumber Slices & Dip Pineapple Mandarin Oranges Fortune Cookie</p> <p>CHINESE NEW YEAR</p>	<p>Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8; \$.40 reduced price, and \$.35 milk. Menu is subject to change. This institution is an equal opportunity provider and employer.</p>			

Wisconsin Wednesdays – New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of January we are featuring Portesi Cheese Fries from Portesi Italian Foods in Stevens Point, California Vegetable Blend from Lakeside Foods in Manitowoc, Chocolate Chip Cookie from Best Maid in River Falls, and milk from Brothers Dairy in Kewaunee.



FILL IN THE MISSING LETTERS

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HSSD Elementary Breakfast Menu January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2  HAPPY NEW YEAR 2017	3 Fudge Pop Tart Cinn Graham Squares Applesauce Juice Cup	4 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup 	5 Mini Cinnamon Pancakes Banana Juice Cup	6 Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup
9 Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup 	10 Egg & Cheese Sandwich Banana Juice Cup	11 Pumpkin Choc Chip Square Margarine String Cheese Orange Wedges Juice Cup 	12 Mini Blueberry Waffles Apple Slices Juice Cup	13 Strawberry Pop Tart Cinn Graham Squares Orange Wedges Juice Cup
16 Zucchini Bread Margarine Applesauce Juice Cup	17 Mini Chocolate Chip French Toast Banana Juice Cup 	18 Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup	19 Pancake Wrapped Sausage Applesauce Juice Cup	20 NO SCHOOL 
23 Cinnamon Toast Crunch Cinn Graham Squares Applesauce Juice Cup 	24 Breakfast Taco Salsa or Ranch Dressing Banana Juice Cup	25 Pumpkin Choc Chip Square Margarine String Cheese Grapes Juice Cup 	26 Mini Cinnamon Donuts Vanilla Bear Grahams Orange Wedges Juice Cup	27 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup
30 Breakfast Bread Margarine Applesauce Juice Cup	31 Bacon Scramble Pizza Grapes Juice Cup	Includes choice of 1%, fat free chocolate, or skim milk. Menu is subject to change. Meal price is \$1.30 for grades K-4, \$1.40 for grades 5-12; meal is free to those approved for free or reduced price meals. This institution is an equal opportunity provider and employer. 		

Harvest of the Month: Parsnips

Parsnips are closely related to the carrot family of vegetables, but are a bit sweeter in taste.

They are high in Vitamin C, Folate, and Manganese, which help keeps teeth healthy! They can be baked, steamed, boiled, microwaved, roasted, or sautéed.



Carrot & Parsnip Fries

Ingredients

2 medium carrots
2 medium parsnips
1 tbsp. olive oil
1 tsp paprika
1/2 tsp garlic powder

Directions

Preheat the oven to 425 degrees Fahrenheit. Peel and cut the carrots and parsnips into fries. Mix the olive oil, paprika, and garlic powder together in a bowl. Add the fries and mix well. Transfer to a baking tray and bake in the oven 15-20 minutes (depending on the thickness of your fries), turning a couple of times. Serve with ketchup or your choice of dipping sauce.