



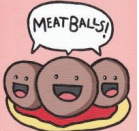







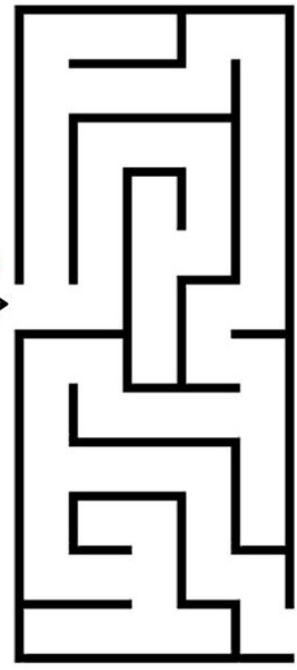
Howard-Suamico School District K-8 Lunch Menu March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Macaroni and Cheese Potato Smiles Baked Beans Mandarin Oranges Grapes Salad Bar 	2 Green Eggs & Ham Cindy Lou Who Cinnamon Roll Myrtle Turtle's Tater Tots Cat-in-the-Hat Carrots/Dip Hop on Pop Pears Sneetches' Peaches 	3 Cheesy Garlic French Bread Pizza Marinara Sauce Broccoli Cucumber Slices/Dip Mixed Fruit Applesauce Birthday Cupcake Strawberry Milk Choice HAPPY BIRTHDAY, MARCH BABIES!
6 Mini Corn Dogs Baked Beans Raw Veggies/Dip Mandarin Oranges Pineapple 	7 TACO TUESDAY 2 Soft Shell Tacos with Meat & Cheese Lettuce & Tomato Salsa, Sour Cream Black Beans Corn Peaches Banana	8 BRUNCH FOR LUNCH Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Cucumber Slices/Dip Applesauce Strawberries	9 NATIONAL MEATBALL DAY! Meatballs with Marinara or BBQ Sauce Double Chocolate Muffin Peas & Carrots Raw Veggies/Dip Pears Mixed Fruit  PIZZA SCHMIZZA @ HOWARD & MEADOWBROOK	10 Grilled Cheese Tomato Soup Broccoli Pineapple Peaches Salad Bar
13 Hot Dog on a Bun Onion, Relish Baked Beans Raw Veggies/Dip Mixed Fruit Banana	14 Chicken Patty on a Bun Lettuce & Tomato Green Beans Peas & Carrots Pears Applesauce 	15 MUNCH-A-LUNCH TrixYogurt & String Cheese Shamrock Soft Pretzel w/Cheese Sauce Raw Veggies/Dip Mixed Fruit Grapes Juice Box	16 Spaghetti with Meat Sauce Garlic Toast Cauliflower Pineapple Peaches Salad Bar PIZZA SCHMIZZA @ SUAMICO & BAY HARBOR	17 LUCK O'THE IRISH Shamrock Chicken Nuggets Or Fiddler Fish Nuggets Rolling Meadow Dinner Roll Pot O'Gold Corn Lucky Cucumber Coins St. Patty's Pears Emerald Applesauce Four Leaf Clover Cookie
20 	SPRING BREAK!			24 
27 Stuffed Crust Pepperoni Pizza Broccoli & Cauliflower Baby Carrots/Dip Pears Mixed Fruit Salad Bar 	28 Diced Chicken in Gravy Mashed Potatoes Banana Bread Green Beans Baby Carrots/Dip Peaches Applesauce PIZZA SCHMIZZA @ FOREST GLEN	29 NACHO GRANDE Nachos with Meat & Cheese Sauce Lettuce & Tomato Black Olives Salsa, Sour Cream Refried Beans Rice Corn Mandarin Oranges Banana	30 Ham and Cheese Loaded Pretzel Peas and Carrots Raw Veggies/Dip Apple Slices Pineapple 	31 Cheese Quesadilla w/Salsa or Ranch Cinnamon Breadstick Tex Mex Rice & Beans Green Beans Raw Veggies/Dip Peaches Pears

Wisconsin Wednesdays – New this year!









Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients.

For the month of March we are featuring **Macaroni and Cheese** manufactured at Land O'Lakes in Spencer, **Potato Smiles** from McCain in Plover, **Baked Beans** manufactured at Bush Brothers and Company in Augusta, and milk from **Brothers Dairy** in Kewaunee.



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; and \$.40 reduced price. Menu is subject to change. This institution is an equal opportunity provider and employer.

HSSD Elementary Breakfast Menu - March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Join us in the cafeteria for school breakfast during the week of March 6-10 for a nutritious meal and activity sheets!</p>	<p>1</p> <p>Pumpkin Choc Chip Square String Cheese Grapes Juice Cup</p> 	<p>2</p> <p>Mini Cinnamon Donuts Vanilla Bear Grahams Orange Wedges Juice Cup</p>	<p>3</p> <p>Krave Cereal Pouch Cinnamon Graham Squares Apple Slices Juice Cup</p>
<p>NATIONAL SCHOOL BREAKFAST WEEK MARCH 6-10</p>				
<p>6</p> <p>Breakfast Bread Slice Applesauce Juice Cup</p>  <p>NATIONAL PANCAKE DAY!</p>	<p>7</p> <p>Mini Pancakes Banana Juice Cup</p>	<p>8</p> <p>Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup</p>	<p>9</p> <p>Bacon Scramble Pizza Apple Slices Juice Cup</p> 	<p>10</p> <p>Apple Jacks Cinnamon Graham Squares Banana Juice Cup</p>
<p>13</p> <p>Fudge Pop-Tart Vanilla Bear Grahams Applesauce Juice Cup</p>	<p>14</p> <p>Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup</p> 	<p>15</p> <p>Pumpkin Choc Chip Square String Cheese Apple Slices Juice Cup Milk Choice</p>	<p>16</p> <p>Mini Cinnamon Rolls Banana Juice Cup</p> 	<p>17</p> <p>Lucky Charms Cereal Cinnamon Graham Squares Apple Slices Juice Cup</p>
<p>21</p> 	<p>SPRING BREAK!</p>			<p>25</p> 
<p>27</p> <p>Double Chocolate Muffin String Cheese Applesauce Juice Cup</p>	<p>28</p> <p>Egg & Cheese Sandwich Banana Juice Cup</p> 	<p>29</p> <p>Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup</p>	<p>30</p> <p>Mini Blueberry Waffles Apple Slices Juice Cup</p> 	<p>31</p> <p>Strawberry Pop-Tart Cinnamon Graham Squares Orange Wedges Juice Cup</p>

Harvest of the Month: Spinach

Spinach is low in fat, cholesterol, and calories. It is an excellent source of iron, magnesium, vitamin's B, K, and E, and calcium.

Spinach is extremely versatile and can be used in many ways. Using the leaves to make a salad, lightly sautéed as a side dish, added to soups or stir fry's, and even blended into smoothies like the one listed below!



Healthy Shamrock Shake

Ingredients

- 2 1/2 cups milk (dairy or non-dairy)
- 1 cup spinach
- 1 frozen over-ripe banana
- 1/2 avocado
- 8 mint leaves/ a drop of mint extract
- Optional: honey or maple syrup

Directions

Place the milk, spinach, banana, avocado, and mint leaves/mint extract in a blender and blend until smooth. Taste your shake and add honey or maple syrup if you prefer it to be sweeter. Top with a dollop of whipped cream and a drizzle of chocolate

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.