












Howard-Suamico School District Menu March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Baked Beans Raw Veggies/Dip Mixed Fruit Grapes	2 HAPPY BIRTHDAY, DR. SEUSS! Green Eggs & Ham Uncle Terwillinger's Waffle Sticks Myrtle Turtle's Taters Cat-in-the-Hat Carrots/Dip Hop on Pop Pears Sneetches' Peaches Birthday Fruit Ice	3  Spaghetti with Meat Sauce Garlic Toast Cauliflower Pineapple Mandarin Oranges Salad Bar 1 2 PIZZA SCHMIZZA @ BAY HARBOR & SUAMICO	4 Cheesy Garlic French Bread Pizza Marinara Sauce Broccoli Cucumber/Dip Mixed Fruit Peaches Birthday Cupcake Strawberry Milk Choice HAPPY BIRTHDAY, MARCH BABIES!
7 Mini Corn Dogs Baked Beans Raw Veggies/Dip Mandarin Oranges Pineapple 	8 TACO TUESDAY: 2 Soft Shell Tacos with Meat & Cheese Lettuce & Tomato Salsa, Sour Cream Black Beans Corn Peaches Banana	9 BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Applesauce Strawberries 	10 Diced Chicken in Gravy Mashed Potatoes Banana Bread Green Beans Baby Carrots/Dip Peaches Mixed Fruit 1 2 PIZZA SCHMIZZA @ HOWARD & MEADOWBROOK	11 Grilled Cheese Tomato Soup Broccoli Pineapple Mandarin Oranges Salad Bar 
14 MUNCH-A-LUNCH: TrixYogurt & String Cheese Soft Shamrock Pretzel w/Cheese Sauce Raw Veggies/Dip Mixed Fruit Banana Juice Box	15 Salisbury Steak in Gravy Mashed Potatoes Bread Slice Peas & Carrots Peaches Pears Salad Bar 1 2 PIZZA SCHMIZZA @ FOREST GLEN 	16 1 Hot Dog on a Bun OR 2 Sub Sandwich Baked Beans Baby Carrots/Dip Pineapple Mandarin Oranges	17 LUCK O'THE IRISH: Shamrock Chicken Nuggets Rolling Meadow Dinner Roll Pot O'Gold Corn Lucky Cucumber Coins St. Patty's Pears Emerald Applesauce Cloverleaf Cookie 	18 *NEW* Cheese Quesadilla w/Salsa or Ranch Cinnamon Breadstick Tex Mex Rice Broccoli Raw Veggies/Dip Mixed Fruit Peaches
21 	22 SPRING BREAK 23 24			25 
28 No School 	29 MARCH MEATBALL MADNESS: Meatballs with Marinara or BBQ Sauce Buttery Noodles Chocolate Muffin Peas & Carrots Raw Veggies/Dip Applesauce Pineapple	30 NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce & Tomato Black Olives Salsa, Sour Cream Refried Beans Rice Corn Mandarin Oranges Banana 	31 Tony's Stufed Crust Pepperoni Pizza Broccoli & Cauliflower Baby Carrots/Dip Pears Mixed Fruit Salad Bar	4/1 APRIL FOOL'S DAY Chicken Giggles Potato Smiles Roly Poly Roll Grinning Green Beans Just Peachy Fruit Apple Grins Birthday Cupcake Strawberry Milk HAPPY BIRTHDAY, APRIL BABIES!



Legumes (dry beans & peas)



It Takes All Kinds

C	O	M	B	I	N	E	F	L	E	N	D	I	K	S	P	E
L	A	D	G	E	G	R	H	A	R	V	E	S	T	I	L	S
B	C	Y	G	A	D	R	Y	P	E	A	S	R	R	S	O	R
R	N	O	N	I	R	R	I	G	A	T	E	D	A	U	K	A
O	M	E	R	W	B	A	C	P	R	O	S	T	C	N	D	I
F	P	L	I	T	P	O	D	S	L	E	N	C	T	S	R	N
X	L	F	W	P	B	Y	U	M	F	R	T	F	O	H	I	O
P	A	A	G	H	X	D	J	S	U	E	P	H	R	I	L	W
R	N	R	S	Y	A	O	K	V	G	U	T	L	B	N	L	F
E	T	M	C	A	Z	T	N	O	I	C	D	Q	Q	E	H	I
A	N	E	S	P	O	N	L	E	N	T	I	L	S	E	N	T
C	O	O	L	S	E	A	S	O	N	W	W	A	P	N	T	P
T	L	S	L													V
N	E	M	C													W
I	M	C	H													G
K	T	L	I													W
J	I	W	C													G
W	R	D	K													M
P	S	H	P													A
I	S	B	E													T
U	J	V	A													
G	V	S	S													














Words to Find

dry peas
 farm
 sunshine
 rain
 lentils
 pods
 plant
 harvest
 tractor
 chickpeas (also called garbanzos)
 combine (used to harvest peas from the field)
 cool season (legumes grow best in cool climates)
 drill (used to plant seeds)
 nonirrigated (peas and lentils don't require irrigation)



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 r educed price, and \$.35 milk. This institution is an equal opportunity provider and employer.

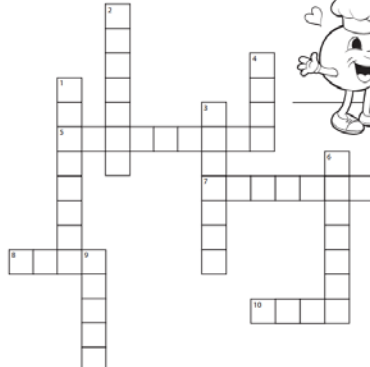
Elementary Breakfast Menu - March 2016

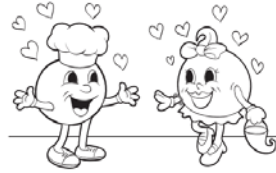
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Egg & Cheese Sandwich Banana Juice Cup Milk Choice</p>	<p>2 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>3 Mini Pancakes Flavored Applesauce Cup Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>4 Breakfast Bun Apple Slices Juice Cup Milk Choice</p>
TRY NEW ITEMS OFFERED DURING NATIONAL SCHOOL BREAKFAST WEEK MARCH 7-11				
<p>7 Mini Donuts & Hard-Cooked Egg Flavored Applesauce Cup Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>8 Chocolate Chip Waffle Grapes Juice Cup Milk Choice</p>	<p>9 Fruit Smoothie & Bug Bites Grahams Orange Wedges Juice Cup Milk Choice</p>	<p>10 Cheese Quesadilla Apple Slices Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>11 Yogurt Parfait Bar Banana Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>
<p>14 Chocolate Chip Muffin Cinn Graham Squares Grapes Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>15 Bacon Scramble Pizza Banana Juice Cup Milk Choice</p>	<p>16 Cocoa Krispies Bar String Cheese Apple Slices Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>17 Pancake Wrapped Sausage Cinn Graham Squares Banana Juice Cup Milk Choice</p>	<p>18 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>
<p>21 </p>	<h2 style="font-size: 2em; margin: 0;">SPRING BREAK</h2>			<p>25 </p>
<p>28 No School</p>	<p>29 Egg & Cheese Sandwich Cinn Graham Squares Banana Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>30 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice Cup Milk Choice</p> <div style="text-align: center;">  </div>	<p>31 Cinn Glazed French Toast Flavored Applesauce Cup Juice Cup Milk Choice</p>	

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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Love These Legumes!

Write the word that best completes each sentence.
Use the word bank.





Word Bank

- bacteria
- chickpeas
- healthy
- legumes
- lentils
- lens
- peas
- protein
- seeds

Across

5. _____ take longer to cook than lentils or peas.
7. Chickpeas, peas, and lentils are known as _____.
8. Split dry _____ do not need to be soaked before cooking.
10. Legume seeds are found in _____.

Down

1. Legumes have special _____ living on their roots, which help them make nitrogen.
2. Legumes have lots of _____, which your body needs to keep your muscles healthy.
3. Legumes are part of a _____ diet.
4. A lentil is shaped like a _____.
6. _____ grow naturally in different colors (green, brown, black, and red) and sizes (tiny, small, medium, and large).
9. The _____ of lentils are used as food.