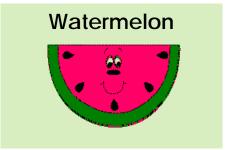
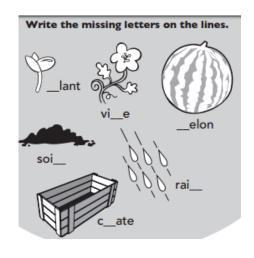
Howard-Suamico School District Menu May 2016							
Monday	Tuesday	Wednesday	Thursday	Friday			
BALL PARK BONANZA: BRATWURST OR HAMBURGER on a Bun Tomato, Onion, Pickle Shoestring Fries Baked Beans Raw Veggies/Dip Fruit Ice	NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives, Refried Beans Corn Pears Pineapple	Stuffed Crust Pepperoni Pizza Broccoli Mixed Fruit Mandarin Oranges Salad Bar	5 BRUNCH FOR LUNCH: Ham French Toast Sticks Mini Tri Taters Crispy Fresh Cukes Applesauce Strawberries	Chicken Patty on a Bun Lettuce &Tomato Green Beans Raw Veggies/Dip Pears, Peaches Birthday Cupcake Strawberry Milk HAPPY BIRTHDAY, MAY BABIES!			
9 Portesi Cheese Fries Marinara Sauce Broccoli & Cauliflower Crispy Fresh Cukes Mandarin Oranges Pineapple	10 1 Spaghetti with Meat Sauce Garlic Toast Green Beans Peaches, Pears Salad Bar PIZZA SCHMIZZA at BAY HARBOR & SUAMICO	Chicken Nuggets Ranch or BBQ Sauce Bread Slice Sugar Snap Peas Baby Carrots/Dip Grapes Applesauce	12 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Pineapple Peaches	113 Hot Dog on a Bun Baked Beans Raw Veggies/Dip Mixed Fruit Banana			
Cheese Quesadilla w/Salsa or Ranch Tex Mex Rice Green Beans Jicama Sticks Orange Wedges Mixed Fruit Spring Flower Power Sugar Cookie	17 Salisbury Steak in Gravy Mashed Potatoes Chocolate Muffin Peas & Carrots/Dip Pears Grapes PIZZA SCHMIZZA at FOREST GLEN	Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Pineapple Melon Pieces Tropical Twist Juice Box HOM: Melons	P-3 PIZZA: Personal Pepperoni Pizza Broccoli Pineapple Mandarin Oranges Salad Bar	Chicken Tenders Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce			
23 Cheesy Garlic French Bread with Marinara Sauce Green Beans Raw Veggies/Dip Applesauce Mixed Fruit	1 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Broccoli Mandarin Oranges Grapes Salad Bar PIZZA SCHMIZZA HOWARD & MEADOWBROOK	NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Sour Cream Black Olives Refried Beans, Corn Pears, Peaches	26 BRUNCH FOR LUNCH: Ham French Toast Sticks Mini Tri Taters Crispy Fresh Cukes Applesauce Strawberries	Mini Corn Dogs Broccoli & Cauliflower Baby Carrots/Dip Pineapple Banana			
NO SCHOOL	Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas & Carrots Crispy Fresh Cukes Peaches Applesauce	June 1 Stuffed Crust Pepperoni Pizza Broccoli Mixed Fruit Pears Salad Bar	Hamburger on a Bun Cheese Slice Lettuce &Tomato Raw Veggies/Dip Mandarin Oranges Pineapple	3 MUNCH-A-PICNIC- LUNCH: Trix Yogurt, String Cheese Goldfish Crackers Baby Carrots & Sugar Snap Peas/Dip Applesauce, Juice Box Birthday Cupcake HAPPY BIRTHDAY, SUMMER BABIES!			
6 Hot Dog on a Bun Pickle Relish & Onion Baked Beans Baby Carrots/Dip Pineapple, Mandarin Oranges	7 Portesi Cheese Fries Marinara Sauce Broccoli Pears, Grapes Salad Bar	8 COOK'S CHOICE					







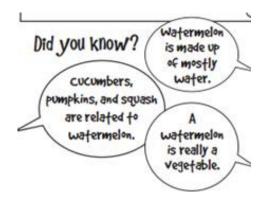
Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal. Lunch price is \$2.00 for grades K-4, \$2.20 for 5-8, \$.40 reduced price, and \$.35 milk.
This institution is an equal opportunity provider and employer.

Elementary Breakfast Menu - May 2016

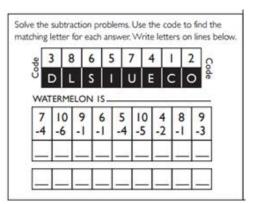
Monday	Tuesday	Wednesday	Thursday	Friday
2 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice	Cheese Quesadilla Salsa Banana Juice Cup Milk Choice	4 Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice Cup Milk Choice	5 Mini Donuts Hard-Cooked Egg Applesauce Juice Cup Milk Choice	6 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup Milk Choice
9 Banana Bread Margarine Orange Wedge Juice Cup Milk Choice	10 Egg & Cheese Breakfast Sandwich Applesauce Juice Cup Milk Choice	11 Trix Cereal Bar Cocoa Krispies Bar Hard-Cooked Egg Banana Milk Choice Juice	Mini Blueberry Waffles Grapes Juice Cup Milk Choice	13 Strawberry Pop-Tart Cinn Graham Squares Apple Slices Juice Cup Milk Choice
Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice	Bacon Scramble Pizza Banana Juice Cup Milk Choice	Pumpkin Choc Chip Square Margarine Cheese Stick Orange Wedges Juice Cup Milk Choice	Mini Pancakes Flavored Applesauce Cup Juice Cup Milk Choice	20 Assorted Cereal Cinn Graham Squares Apple Slices Juice Cup Milk Choice
Double Chocolate Muffin Margarine Cinn Graham Squares Grapes Juice Cup Milk Choice	24 Pizza Sticks Cinn Graham Squares Orange Wedges Juice Cup Milk Choice	25 Banana Bread Margarine Grapes Juice Cup Milk Choice	26 Breakfast Taco Cinn Graham Squares Banana Juice Cup Milk Choice	Assorted Donuts Apple Slices Juice Cup Milk Choice
30 NO SCHOOL	Assorted Waffles Banana Juice Cup Milk Choice	Assorted Cereal Bars Hard-Cooked Egg Apple Slices Juice Cup Milk Choice	Pancake Wrapped Sausage Cinn Graham Squares Orange Wedges Juice Cup Milk Choice	Assorted Cereal Cinn Graham Squares Banana Juice Cup Milk Choice
6 Trix Yogurt Chocolate Chip Gripz Cinn Graham Squares Grapes Juice Cup Milk Choice	7 Mini Donuts String Cheese Banana Juice Cup Milk Choice	8 COOK'S CHOICE		

Fun Recipes

Recipes and activities published by the Watermelon Promotion Board at this watermelon.org site http://www.watermelon.org/ Educators/TeacherToolkit



Melon Math



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.