









# Howard-Suamico School District Menu November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheese Quesadilla Salsa or Ranch Dressing Tex Mex Rice & Beans Broccoli Peaches Pears Salad Bar	2 <b>MUNCH A LUNCH:</b>  Yogurt Cup String Cheese Soft Pretzel w/ Cheese Sauce Raw Veggies/Dip Apple Slices Craisins Tropical Twist Juice Box  <b>WISCONSIN WEDNESDAY</b>	3 Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges Pears  <b>PIZZA SCHMIZZA at HOWARD &amp; MEADOWBROOK</b>	4 Mini Corn Dogs Broccoli Baby Carrots/Dip Applesauce Peaches Birthday Cupcake Strawberry Milk  <b>HAPPY BIRTHDAY, NOVEMBER BABIES!</b>
7 Chicken Patty on a Bun Lettuce & Tomato Baked Beans Raw Veggies/Dip Pears Pineapple  	8 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Mixed Fruit Peaches	9 Pepperoni Pizza Round Broccoli Pears Mandarin Oranges Salad Bar  	10 <b>MEATBALL MANIA:</b> Meatballs in Marinara Sauce Pumpkin Shaped Soft Pretzel Cheese Sauce Baby Carrots & Celery Sticks/Dip Grapes Fruit Ice  <b>PIZZA SCHMIZZA at FOREST GLEN</b>	11 Chili with Macaroni Garlic Breadstick Mixed Fruit Apple Slices Cucumbers/Dip
14 Hamburger on a Bun Cheese Slice Lettuce & Tomato Onion & Pickle Broccoli & Cauliflower Jicama Sticks/Dip Mandarin Oranges Pears	15 Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Black Olives Sour Cream Rice Refried Beans Corn Pineapple Banana	16 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Baby Carrots/Dip Applesauce Strawberries	17 Spaghetti with Meat Sauce Garlic Toast Broccoli Pineapple Pears Salad Bar  <b>PIZZA SCHMIZZA at BAY HARBOR &amp; SUAMICO</b>	18 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Raw Veggies/Dip Peaches Mixed Fruit
21 Hot Dog on a Bun Onion & Relish Baked Beans Baby Carrots/Dip Applesauce Peaches  	22 <b>FALL FEAST:</b> Diced Chicken in Gravy Mashed Potatoes Stuffing Dinner Roll Green Beans Apple Cranberry Slaw Clementines Pineapple	23 <b>HALF DAY—NO LUNCH</b>  	24 	25 
28 <b>GO PACK GO!</b> Golden Football Nuggets Ranch or BBQ Sauce Dinner Roll Green & Gold Beans Baby Carrots/Dip Pineapple Green Apple Slices Green and Gold Cookie	29 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Black Beans Corn Pears Mixed Fruit	30 Real Slice Cheese Pizza California Veggies Peaches Apple Slices Salad Bar	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.	

## Harvest of the Month—Cranberries!

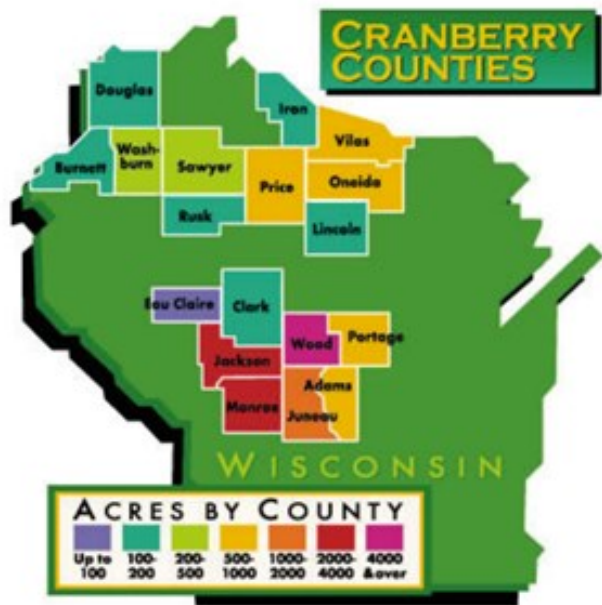
Wisconsin is the nation's leading producer of cranberries, harvesting more than 60 percent of the country's crop.

The little red berry, Wisconsin's official state fruit, is the state's number one fruit crop, both in size and economic value!










## Wisconsin Wednesdays – New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of November we are featuring Kemp's yogurt manufactured in Wisconsin, string cheese from Schreiber in Green Bay, Ocean Spray craisins made from Wisconsin cranberries, and apple slices from They's Orchard in Luxemburg.

Cranberries are grown on 21,000 acres across 20 counties in Wisconsin.



# Elementary Breakfast Menu - November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon Glazed French Toast Banana Juice Cup	2 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup 	3 Pancake Wrapped Sausage Applesauce Juice Cup	4 Mini Chocolate Donuts Apple Slices Juice Cup
7 Cinnamon Toast Crunch Cinn Graham Squares Applesauce Juice Cup	8 Breakfast Grab Wrap Salsa or Ranch Dressing Banana Juice Cup	9 Pumpkin Choc Chip Square Margarine String Cheese Grapes Juice Cup	10 Mini Donuts String Cheese Orange Wedges Juice Cup 	11 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup
14 Zucchini Bread Applesauce Juice Cup 	15 Bacon Scramble Pizza Grapes Juice Cup	16 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup 	17 Chocolate Chip Waffle Grapes Juice Cup	18 Apple Jacks Cinn Graham Squares Banana Juice Cup 
21 Fudge Pop-Tart Cinn Graham Squares Applesauce Juice Cup	22 Mini Pancakes Banana Juice Cup 	23 Pumpkin Choc Chip Square Margarine Orange Wedges Juice Cup	24 <b>NO SCHOOL</b>  <b>HAPPY THANKSGIVING!</b>	25 <b>NO SCHOOL</b>  
28 Double Chocolate Muffin String Cheese Applesauce Juice Cup 	29 Egg & Cheese Sandwich Banana Juice Cup	30 Fruit Smoothie Vanilla Bear Grahams 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.	



## Cranberry Apple Slaw

### Slaw:

1 (14-ounce) package classic coleslaw mix  
1 large sweet apple, diced (Honeycrisp)  
1/3 cup Reduced Sugar Craisins® Dried Cranberries

### Dressing:

2 tablespoons apple cider vinegar  
3 tablespoons light mayonnaise  
1 tablespoon brown sugar  
salt, to taste

### Instructions:

In a large bowl, combine the coleslaw mix, apple and cranberries. In a small bowl, whisk together the dressing ingredients until smooth. Pour the dressing over the coleslaw mix and toss to evenly coat. Refrigerate before serving.

