





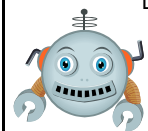







Howard-Suamico School District Menu October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Diced Chicken in Gravy Mashed Potatoes Dinner Roll, Broccoli Pears, Peaches Salad Bar PIZZA SCHMIZZA at SUAMICO & BAY HARBOR	2 Mini Corn Dogs Peas & Carrots Raw Veggies/Dip Applesauce, Banana Birthday Fruit Ice Strawberry Milk Choice HAPPY BIRTHDAY, OCTOBER BABIES!
5 Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickles Baked Beans Raw Veggies/Dip Pears Orange Wedges 	6 Real Slice Cheese Pizza Broccoli Peaches Mixed Fruit Salad Bar LOOK FOR THE HARVEST OF THE MONTH'S APPLE FEATURE TODAY!	7 BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Mandarin Oranges Grapes 	8 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Sour Cream Black Beans Rice Corn Mixed Fruit Pineapple 	9 HOMECOMING NUGGET SCRIMMAGE: Touchdown Chicken Nuggets w/Soft Pretzel Nuggets Cream 'em Cauliflower Run 'em Raw Veggies/Dip Pound 'em Peaches Smash 'em Saucy Applesauce True Blue Cookie GO PIRATES!
OCTOBER 12-16 is NATIONAL SCHOOL LUNCH WEEK - 2015 THEME: SCHOOL LUNCH SNAPSHOT				
12 PORTESI PAPARAZZI- Cheese Fries with Marinara Sauce Green Beans Baby Carrots/Dip Pineapple Mandarin Oranges 	13 SALISBURY SELFIE Steak in Gravy Mashed Potatoes Cinnamon Roll Peaches Apple Slices Salad Bar LOOK FOR THE HARVEST OF THE MONTH'S APPLE FEATURE TODAY!	14 HAM IT UP HOT DOG OR SNAPSHOT SUB SANDWICH Baked Beans Baby Carrots/Dip Pears Grapes 	15 MEATBALL MADNESS: Meatballs with Marinara or BBQ Sauce PIZZA SCHMIZZA at FOREST GLEN Pretzel Sticks & Cheese Sauce, Cauliflower Raw Veggies/Dip Pineapple, Mixed Fruit Chocolate Pudding	16 SUPERSTAR Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Sweet Potato Dippers/Dip Broccoli Mixed Fruit Applesauce 
19 Lotsa Mozza Sticks with Tomato Soup Raw Veggies/Dip Mandarin Oranges Pears 	20 NACHO GRANDE: Nacho Chips with Meat & Cheese Sauce Lettuce, Tomato, Salsa, Refried Beans, Black Olives, Sour Cream, Rice Jicama Sticks/Dip Peaches, Pineapple	21 Pepperoni Pizza California Vegetable Blend Mixed Fruit Banana Salad Bar 	22 MIDWEST HARVEST: Popcorn Chicken with Mashed Potatoes & Gravy, Corn Mini Corn Bread Loaf Strawberries Crunchy Apple Slices Join us for the Great Apple Crunch at Noon	23 Fish Burger OR Sloppy Joe on Bun Cheese Slice Macaroni & Cheese Peas & Carrots Cucumbers & Dip Mandarin Oranges Applesauce
26 MUNCH-A-PUMPKIN: Yogurt & String Cheese Pumpkin Shaped Pretzel w/Cheese Sauce Raw Veggies/Dip Pineapple Apple Slices Tropical Twist Juice Box 	27 Lasagna Bake PIZZA SCHMIZZA at HOWARD & MEADOWBROOK Garlic Toast Broccoli, Salad Bar Mandarin Oranges Pears	28 SPOOKY LUNCH: Spine-Chilling Chicken Nuggets w/Ranch or BBQ Deadly Dinner Roll Bewitched Baked Beans Cursed Cucumber Slices Monster Mixed Fruit Axeman Applesauce Creepy Cookie	29 NO SCHOOL 	30 NO SCHOOL 



Eat Fruits & Vegetables

- Slice apples and dip in your favorite yogurt or nut butter.
- Cut up green bell peppers and use them as a topping for sub sandwiches.
- Dehydrate hot peppers to use later in your favorite Mexican dishes or chili.
- Sprinkle oven roasted broccoli or cauliflower with parmesan cheese for a tasty side.
- Instead of mashed potatoes, make mashed cauliflower. It's delicious-and more













Cook Together...

- Slow Cooker Stuffed Pepper Soup**
- 1 lb. extra-lean ground beef or turkey
 - 1 cup diced onion
 - 14 oz. can diced tomatoes with roasted garlic and onions
 - 2 cups green and/or red peppers, chopped
 - 15 oz. can tomato sauce
 - 3 cups beef broth
 - ½ teaspoon dried basil
 - ½ teaspoon dried oregano
 - 1 cup cooked rice

Brown the beef or turkey and onions in a skillet over medium heat. Drain the meat and add to the slow cooker (ask an adult for help with this step). Add the tomatoes, peppers, tomato sauce, broth, spices and rice. Cover crock pot and cook on low for 6-8 hours. Makes 8 servings.

Nutrition information per serving: 219 calories, 3 g fat, 26.5 g carbohydrates, 19.5 g protein, 2.5 g fiber, 331 mg sodium.

Elementary Breakfast Menu - October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Includes choice of 1%, fat free chocolate, or skim milk. Meal price is \$1.25; meal is free to those approved for free or reduced price meals. Menu is subject to change.			1 Chocolate Chip Waffle Apple Slices Juice 	2 Trix Cereal Cinnamon Graham Squares Banana Juice 
5 Chocolate Chip Muffin Grapes Juice 	6 Strawberry Bagelful *NEW* Cinn Graham Squares Applesauce Cup Juice 	7 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	8 Pancake Wrapped Sausage Banana Juice	9 Cinnamon Toast Crunch Cinnamon Graham Squares Orange Wedges Juice
12 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	13 Egg & Cheese Sandwich Banana Juice	14 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	15 Cinn Glazed French Toast Applesauce Cup Juice	16 Krave Cereal Pouch *NEW* Cinnamon Graham Squares Apple Slices Juice
19 Banana Bread Orange Wedges Juice	20 Breakfast Bagel Pizza Applesauce Juice	21 Trix Cereal Bar Hard-Cooked Egg Banana Juice 	22 Mini Blueberry Waffles Grapes Juice 	23 Strawberry Pop-Tart Apple Slices Juice
26 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	27 Egg & Cheese Sandwich Banana Juice	28 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	29 NO SCHOOL	30 NO SCHOOL 



Word Scramble

Unscramble the **BOLD UNDERLINED** words to complete the fall harvest facts. Answers at the bottom of the page.

CRICOBLO _____ is a good source of folate, which helps us make healthy red blood cells.

Spanish explorers are said to have brought **EPRPSEP** _____ into the U.S. in 1583.

If a **UICOARWFEL** _____ head is exposed to sun during the growing season, it turns green.

George Washington liked to spend time pruning his **PLAPE** _____ trees.

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.

Word Scramble Answers:
APPLE (d) CAULIFLOWER (p)
BROCCOLI (b) PEPPERS (c)