








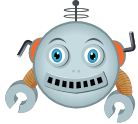





Howard-Suamico School District Menu October 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Hamburger on a Bun Cheese Slice Lettuce, Tomato Onion, Pickle Cauliflower Raw Veggies/Dip Mandarin Oranges Mixed Fruit</p> 	<p>4 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Sour Cream, Salsa Black Beans Corn Pears Peaches</p>	<p>5 Klement's Cheesehead Cheddar Dog on a Bun Onions, Pickle Relish Bush's Baked Beans Salad Bar Pineapple Sunset Orchard Apple Slices</p>  <p>WISCONSIN WEDNESDAY</p>	<p>6 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices & Baby Carrots/Dip Applesauce Strawberries</p>	<p>7 NO SCHOOL</p> 
NATIONAL SCHOOL LUNCH WEEK – OCTOBER 10TH-14TH; SHOW YOUR SPIRIT FOR SCHOOL LUNCH!				
<p>10 Lotsa Mozza Bread Sticks Tomato Soup Soup Crackers Canon Ball Cauliflower Peaches Mighty Mixed Fruit</p> 	<p>11 Dockside Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Ahoy Matey Mandarin Oranges Parrot Pears</p> <p>PIZZA SCHMIZZA at FOREST GLEN</p>	<p>12 Ship Wrecked Spaghetti with Meat Sauce Golden Garlic Bread Stick Cross Bone Broccoli Sail Away Salad Bar Mixed Fruit Pirate Pride Pears</p> 	<p>13 Treasured Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Apple or Apple Slices Walk the Plank Pineapple Tropical Twist Juice Box</p> <p>GREAT LAKES APPLE CRUNCH</p>	<p>14 Captain Chicken Nuggets Ranch or BBQ Sauce Deck Dinner Roll Buried Baked Beans Baby Carrots/Dip Eye Patch Peaches Anchored Applesauce Birthday Cupcake</p> <p>HAPPY BIRTHDAY OCTOBER BABIES!</p>
<p>17 Hot Dog on a Bun Vanilla Sweet Potato Fry Green Beans Apple Slices Pineapple</p> 	<p>18 Salisbury Steak in Gravy Mashed Potatoes Double Chocolate Muffin Peas & Carrots Pears Grapes</p> <p>PIZZA SCHMIZZA at HOWARD & MEADOWBROOK</p>	<p>19 Portesi Cheese Fries Marinara Sauce Broccoli & Cauliflower Baby Carrots/Dip Pineapple Peaches</p> 	<p>20 Lasagna Bake Garlic Toast Broccoli & Cauliflower Orange Wedges Mixed Fruit Salad Bar</p> <p>PIZZA SCHMIZZA at SUAMICO & BAY HARBOR</p>	<p>21 Nachos with Meat & Cheese Sauce Shredded Lettuce Tomato, Black Olives Sour Cream, Salsa Refried Beans Rice Corn Pears Banana</p> 
<p>24 Chicken Tenders Ranch or BBQ Sauce Dinner Roll Green Beans Raw Veggies/ Dip Peaches Mixed Fruit</p> 	<p>25 Hamburger on a Bun Cheese Slice Lettuce, Tomato Onion, Pickle Broccoli & Cauliflower Jicama Sticks/Dip Grapes Pears</p>	<p>26 Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Fresh Cucumber Slices Baby Carrots/Dip Applesauce Strawberries</p>	<p>27 NO SCHOOL</p> 	<p>28 NO SCHOOL</p> 
<p>31 Spooktacular Shaped Chicken Nuggets Ranch or BBQ Sauce Deadly Dinner Roll Baked Beans Creepy Cukes Frightful Mixed Fruit Scary (Apple) Sauce Goblin Good Cookie</p>		<p>Alternative entree offered daily. Milk choices include 1%, skim, and fat-free chocolate. Lunch price: \$2.10 K-4th; \$2.30 5th-8th; \$.40 reduced price. Menu is subject to change. Visit www.hssd.k12.wi.us/foodservices for more information. This institution is an equal opportunity provider and employer.</p>		<p>= locally sourced</p> 

October is National Farm to School Month

October is a time to celebrate the connections between children and local food. Farm to School programs focus on improving child nutrition, support the local economy, and educate children about the origins of food. The HSSD Food Service is partnering with farmers in Wisconsin to provide students with fresh, local produce. Signs will be displayed in the cafeteria highlighting these items!











Wisconsin Wednesdays – New this year!

Lunch on the first Wednesday of every month will feature seasonal, Wisconsin grown ingredients. For the month of October we are featuring Klement's Cheddar Dog made in Milwaukee, Bush's Baked beans manufactured in Augusta, Salad Bar featuring produce from nearby farms, and Sunset Orchard Apples from Richland Center.

Harvest of the Month – Apples

- Apples can be stored for up to three months in the refrigerator
- Try dipping apples in your favorite yogurt or nut butter
- There are more than 300 commercial orchards, comprising about 6,500 acres in Wisconsin

Elementary Breakfast Menu - October 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cinnamon Toast Crunch Cinn Graham Squares Applesauce Juice Cup 	4 Cheese Quesadilla Salsa or Ranch Dressing Banana Juice Cup	5 Pumpkin Choc Chip Square Margarine String Cheese Grapes Juice Cup	6 Mini Donuts String Cheese Orange Wedges Juice Cup 	7 NO SCHOOL 
10 Zucchini Bread Applesauce Juice Cup	11 Bacon Scramble Pizza Grapes Juice Cup	12 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup 	13 Chocolate Chip Waffle Grapes Juice Cup 	14 Krave Cereal Pouch Cinn Graham Squares Banana Juice Cup
17 Fudge Pop-Tart Cinn Graham Squares Applesauce Juice Cup	18 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup 	19 Pumpkin Choc Chip Square Margarine Orange Wedges Juice Cup	20 Mini Pancakes Banana Juice Cup	21 Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup 
24 Double Chocolate Muffin String Cheese Applesauce Juice Cup	25 Egg & Cheese Sandwich Banana Juice Cup 	26 Strawberry Pop-Tart Cinn Graham Squares Orange Wedges Juice Cup 	27 NO SCHOOL	28 NO SCHOOL
31 Zucchini Bread Applesauce Juice Cup	 <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. This institution is an equal opportunity provider and employer.</p>			



APPLE WORD SEARCH

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

Find these
apple
varieties in
the puzzle:

Braeburn
Cameo
Fuji
Gala
Honey Crisp
Pink Lady

Slow Cooker Applesauce

INGREDIENTS

- 9 medium-sized apples
- 1/3 TBSP lemon juice
- 1/3 Cup to 1/2 Cups water
(more if you want it less thick)
- 2 TSP cinnamon (optional, or spices of choice)

DIRECTIONS

1. You can peel (if desired), and chop your apples into large chunks.
2. Add the apples, lemon juice, water, and optional cinnamon and spices to the slow cooker.
3. Cook on high for 3-4 hours until the apples have broken down.
4. You can then mash to completely smooth when done, or simply stir and get a perfect consistency!
5. Store in the refrigerator for 4-5 days or freeze.