






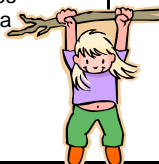



Howard-Suamico School District Menu September 2015



Farm to School

Welcome back to school!
This is a great time of year to enjoy produce that grows on vines like tomatoes, cucumbers, summer squash, zucchini and melon.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back</p>	<p>1 Chicken Nuggets Ranch or BBQ Sauce Dinner Roll Peas & Carrots Fresh Cucumbers/Dip Peaches Pineapple</p>	<p>2 Pepperoni Pizza Cauliflower Raw Veggies/Dip Mixed Fruit Grapes</p> 	<p>3 HAMBURGER DELUXE: Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Broccoli Baby Carrots/Dip Pears Mandarin Oranges</p>	<p>4 Mini Corn Dogs Baked Beans Sugar Snap Peas/Dip Apple Slices Mixed Fruit Birthday Fruit Ice HAPPY BIRTHDAY, SEPTEMBER BABIES!</p>
<p>7 NO SCHOOL</p> 	<p>8 MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Raw Veggies/Dip Mandarin Oranges Banana Juice Box</p>	<p>9 TACOS SUPREME: 2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato, Salsa Black Beans, Sour Cream Rice Corn Mixed Fruit Pineapple</p> 	<p>10 Diced Chicken in Gravy PIZZA SCHMIZZA @ HOWARD & MEADOWBROOK Mashed Potatoes Dinner Roll Broccoli Pears Peaches Salad Bar</p>	<p>11 Hot Dog on a Bun Green Beans Raw Veggies/Dip Pineapple Watermelon Snickerdoodle Cookie</p> 
<p>14 Chicken Tenders Ranch or BBQ Sauce Bread Slice Baked Beans Peas & Carrots Applesauce Banana</p> 	<p>15 Zesty Spaghetti & Meat Sauce PIZZA SCHMIZZA @ FOREST GLEN Bread Stick Cauliflower Mixed Fruit Pineapple Salad Bar</p>	<p>16 Ham French Toast Sticks Mini Tri Taters Jicama Sticks Pears Grapes</p> 	<p>17 Savory Salisbury Steak in Gravy PIZZA SCHMIZZA @ SUAMICO & BAY HARBOR Mashed Potatoes Cinnamon Roll Broccoli Peaches Apple Slices</p> 	<p>18 Sloppy Joe on a Bun OR Deli Ham & Cheese on a Bun Green Beans Baby Carrots/Dip Pears Pineapple</p>
<p>21 HAMBURGER DELUXE: Hamburger on a Bun Cheese Slice Lettuce, Tomato, Pickle Cauliflower Raw Veggies/Dip Pineapple Applesauce</p>	<p>22 Portesi Cheese Fries with Pizza Sauce Broccoli Peaches Pears Salad Bar</p> 	<p>23 NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sour Cream, Black Olives Rice Refried Beans Corn Pineapple Mandarin Oranges</p>	<p>24 Chicken Patty on a Bun Peas & Carrots Fresh Cucumbers/Dip Peaches Banana</p> 	<p>25 Stuffed Crust Pepperoni Pizza Corn Raw Veggies/Dip Orange Wedges Pineapple</p>
<p>28 Cheese Omelet Belgian Waffle Stick Mini Tri Taters Crispy Fresh Cucumbers Banana Applesauce</p>	<p>22 Cheesy French Bread Pizza with Pizza Sauce Green Beans Baby Carrots/Dip Mixed Fruit Apple Slices</p> 	<p>30 MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel with Cheese Sauce Baby Carrots/Dip Mandarin Oranges Pineapple Juice Box</p>	<p>Look for zucchini and summer squash surprises on the menu through September.</p> <p>“Visit this link for fun information about summer squash.” http://www.panen.org/sites/default/files/SNAC%20Materials/summer_squash_%20newsletter_Two_1.pdf</p>	

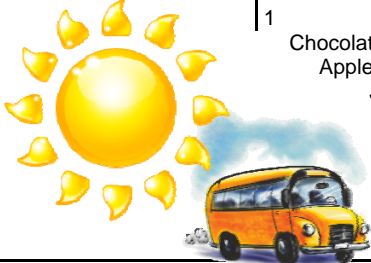


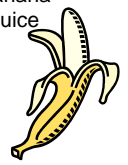






EAT YOUR FRUITS & VEGGIES

Circle all fruits & veggies on the menu.

- How many fruits & veggies are red?
- How many are green?
- How many are yellow?
- How many are orange?
- Put a star next to your favorite fruits & veggies.

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 - September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chocolate Chip Muffin Applesauce Cup Juice	2 Cocoa Krispies Bar Hard-Cooked Egg Apple Slices Juice 	3 Pancake Wrapped Sausage Banana Juice	4 Cinnamon Toast Crunch Cinn Graham Squares Orange Wedges Juice 
7 NO SCHOOL LABOR DAY	8 Trix Yogurt Chocolate Chip Gripz Banana Juice 	9 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice	10 Cinn Glazed French Toast Applesauce Cup Juice	11 Cocoa Puffs Cereal Cinn Graham Squares Apple Slices Juice
14 Banana Bread Orange Wedges Juice 	15 Breakfast Bagel Pizza Banana Juice	16 Trix Cereal Bar Hard-Cooked Egg Grapes Juice	17 Mini Blueberry Waffles Applesauce Cup Juice	18 Strawberry Pop-Tart Apple Slices Juice 
21 Trix Yogurt Chocolate Chip Gripz Grapes Juice 	22 Egg & Cheese Sandwich Banana Juice	23 Pumpkin Choc Chip Square Cheese Stick Orange Wedges Juice 	24 Mini Pancakes Applesauce Cup Juice	25 Apple Jacks Cinn Graham Squares Apple Slices Juice 
28 Cinnamon Pop-Tart Applesauce Cup Juice	29 Bacon Scramble Pizza Grapes Juice 	30 Banana Bread Orange Wedges Juice	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.	

SEPTEMBER HARVEST ITEMS

There are plenty of fruits and vegetables ready for harvesting in Wisconsin this month. Circle the ones that you have tried.

- | | |
|----------------|-------------|
| Apples | Kale |
| Arugula | Kohlrabi |
| Beans | Leeks |
| Beets | Okra |
| Bell Peppers | Onion |
| Bok Choy | Pears |
| Broccoli | Potatoes |
| Brussels | Radishes |
| Cabbage | Raspberries |
| Carrots | Rutabagas |
| Cauliflower | Salad Mix |
| Chard | Scallions |
| Collard Greens | Spinach |
| Corn | Sprouts |
| Cranberries | Squash |
| Cucumbers | Tomatillos |
| Eggplant | Tomatoes |
| Grapes | Zucchini |
| Hot Peppers | |