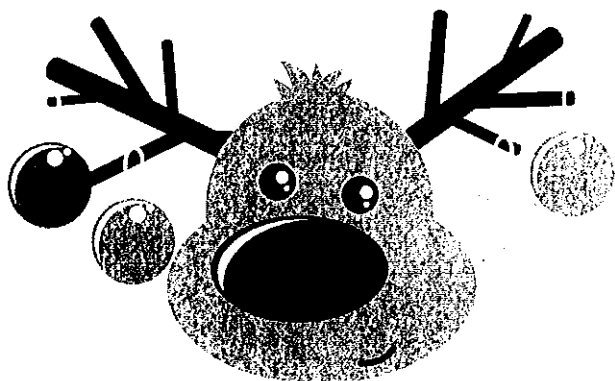


Howard SD School District

December 2018 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 A. Breakfast Pizza B. Breakfast Round Fruit & Juice Milk Choice	4 A. Cheesy Eggs w/Toast B. Mini Cinnis Fruit & Juice Milk Choice	5 A. French Toast Sticks B. Cherry Frudel Fruit & Juice Milk Choice	6 A. Egg & Chz English Muffin B. Strawberry Cream Bagels Fruit & Juice Milk Choice	7 A. Long John Donut B. Super Cinni Pretzel Fruit & Juice Milk Choice
10 A. Breakfast Boat B. Breakfast Round Fruit & Juice Milk Choice	11 A. Sausage, Tri-Tater, Toast B. Mini Cinnis Fruit & Juice Milk Choice	12 A. Waffles B. Cherry Frudel Fruit & Juice Milk Choice	13 A. Pancake Sausage Stick B. Strawberry Cream Bagels Fruit & Juice Milk Choice	14 A. Glazed Donut Ring B. Super Cinni Pretzel Fruit & Juice Milk Choice
17 A. Pancakes B. Breakfast Round Fruit & Juice Milk Choice	18 A. Breakfast Taco B. Mini Cinnis Fruit & Juice Milk Choice	19 A. Dutch Waffle B. Cherry Frudel Fruit & Juice Milk Choice	20 A. Breakfast Sliders B. Strawberry Cream Bagels Fruit & Juice Milk Choice	21 A. Cinnamon Roll B. Super Cinni Pretzel Fruit & Juice Milk Choice

Happy Holidays!



Please remember to take at least 1/2 cup fruit & or veggies for a well balance meal

thrive
NUTRITION SERVICES

National Ugly Sweater Day



December 21st

Dairy Benefits:

- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones

2-3 servings a day

Milk

Yogurt

Cheese



For more info visit www.midwestdairy.com

MEAL PRICES

- Elementary Breakfast: \$1.95
- MS & HS Breakfast: \$2.10
- Reduced Breakfast: \$.30
- Adult Breakfast: \$2.80

ENTRÉES OFFERED DAILY

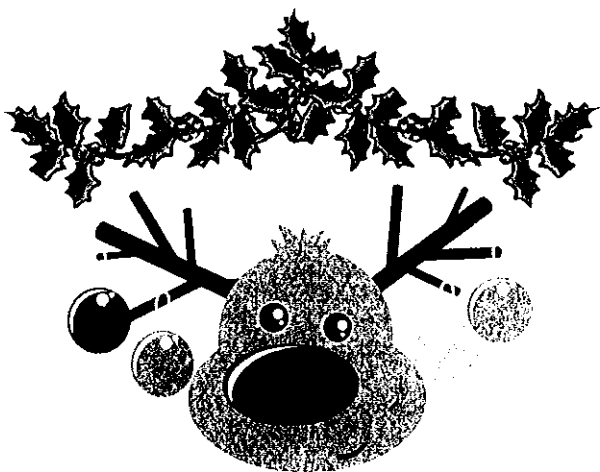
- K - 6th Grade:**
 - Breakfast Entrée OR
 - Cereal & Toast
- 7th - 12th Grade:**
 - Breakfast Entrée with Cereal or Toast

Howard SD School District

December 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 A. Ham & Scalloped Potatoes w/Bread B. Stuffed Crust Pizza Carrots	4 A. Grilled Turkey & Swiss B. Crispy Chicken Sandwich Baked Beans	5 A. Mac n' Cheese w/Bread B. Corn Dog Sidekicks Frozen Juice Cup	6 A. Nachos Grande B. Chicken Nuggets Bread Corn	7 A. Cheeseburger B. Chili Dog on Bun Baked Fries
10 A. Italian Dunkers B. Mini Corn Dogs Peas	11 A. Cheesy Eggs w/ French Toast B. Cold Cut Sub Tater Tots	12 A. Sloppy Joe on Bun B. Sausage Pizza Carrots	13 A. Baked Ham B. Chicken Drumstick Dinner Roll Cookie Cheesy Green Beans Mashed Potatoes w/ Gravy	14 A. Doritos Walking Taco B. Chicken Wrap Corn
17 A. Cheesy Chicken Penne w/ Bread B. Pepperoni Pizza Broccoli	18 A. Turkey a la King w/ Biscuit B. Cheese Calzone Mashed Potatoes w/Gravy	19 A. Cheeseburger B. Chicken Nuggets w/ Bread Carrots	20 A. Spaghetti w/Meat Sauce w/Garlic Toast B. Crispy Chicken Sandwich Corn	21 A. Beef Soft Shell Tacos B. Hot Dog on Bun Crispy Potato Crowns

Happy Holidays!




Please remember to take at least ½ cup fruit & or veggies for a well balance meal

National Ugly Sweater Day



December 21st

Fill Up & Fuel Up at the Unlimited Fruit & Vegetable Bar



Daily Lunch Menu Includes

- Choice of A or B Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

Meal Prices

Elementary Lunch: \$2.80
 MS & HS Lunch: \$3.05
 Reduced Lunch: \$.40
 Adult Lunch: \$4.05

Fill Up & Fuel Up Unlimited Fresh Field Bar

Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements