

# Howell Mountain Elementary School Menu August 2025



Even if your child does not eat in the cafeteria, it is important to fill out the **alternate income form** to receive other benefits.

Questions?

**Call us at 707-**

**Menus subject to change according to what is fresh, local and in season.**

**Fruit and Veggies offered daily with meal including milk.**

## Meal Prices

**All students will be offered meals at no charge to them.**

Student Breakfast \$0.00

Student Lunch \$0.00

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Welcome Back!!!</b>			
<b>August 18</b>  <i>Concha</i>  Chicken Strips Rice Veggie Nuggets (V)	<b>August 19</b>  <i>Pancakes</i>  Bean & Cheese Burrito (V)	<b>August 20</b>  <i>Waffles</i>  Pizza Day  Cheese Pizza (V)	<b>August 21</b>  <i>Breakfast Sandwich</i>  Baked Chicken Rice Veggie Nuggets (V)	<b>August 22</b>  <i>Honey Bun</i>  Deli Sandwich Snack Cheese Sandwich (V)
<b>August 25</b>  <i>Cereal/String Cheese</i>  Spaghetti with Meat Sauce  Mac & Cheese (V)	<b>August 26</b>  <i>Breakfast Burrito</i>  Pulled Pork Sandwich  Plant Based Sandwich (V)	<b>August 27</b>  <i>Bagel/Cream Cheese</i>  Pizza Day  Cheese Pizza (V)	<b>August 28</b>  <i>Scones</i>  Grilled Cheese Sandwich Tomato Soup  (V)	<b>August 29</b>  <i>Concha</i>  Sunbutter Jelly Sandwich  (V)
<b>Bell peppers Fun Facts:</b> Bell peppers are not only colorful and delicious, but they also have some pretty cool facts behind them. For starters, they come in a variety of vibrant colors like green, red, yellow, orange, and even purple. These colors usually represent how ripe the pepper is, with green being the least ripe and red being the sweetest and most mature. Surprisingly, bell peppers are technically fruits, not vegetables, because they contain seeds and grow from the flowering part of the plant. Red bell peppers are nutritional powerhouses—they have more than twice the Vitamin C of an orange, making them a great choice for boosting your immune system while adding a burst of flavor to your meals.				
<p align="center"><b><i>“Howell Mountain Elementary School District is an equal opportunity provider and employer”</i></b></p>				