

Howell Mountain Elementary School Menu October 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 ?

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
		1 Bagel/Cream Cheese Pizza Day	2 Pancakes Bean and Rice Bowl	3 Concha Sunbutter/Jelly Sandwich
6 Choice of Cereal Spaghetti with Meat Sauce Vegetarian Spaghetti	7 Waffles Pork & Bean Burrito Bean Burrito	8 Yogurt Parfait Pizza Day	9 Breakfast Burrito Teriyaki Chicken Rice Tofu Rice	10 Twin Bars Hamburger Vegetarian Burger
13 Pancakes Meatballs/Rice Veggie Nuggets	14 Bagel/Cream cheese Pupusa Beans Bean Burrito	15 French Toast Stix Pizza Day	16 Breakfast Sandwich Toasted Cheese Tomato Soup	17 Concha Chicken Strips Rice Vegetarian Nuggets
20 Bagel/Cream Cheese Chicken Parmesan Pasta Tofu Pasta	21 Oatmeal /Fruit Bowl Quesadilla Beans	22 Waffles Pizza Day	23 Breakfast Sandwich Chicken Posole Tortilla Chips Tofu	24 Muffin Deli Sandwich Cheese Sandwich
27 Cereal/String Cheese Chili Mac Pasta Vegetarian Pasta	28 Breakfast Sandwich Chicken Taco Beans Veggie Taco	29 Concha Pizza Day	30 Pancakes Black Bean Tortilla Soup	31 Scones Chicken Nuggets Rice/Tater Tots Vegetarian Nuggets

Corn is a fascinating and versatile food with some surprising facts behind it. For one, corn is actually a grain, a fruit, **and** a vegetable—all at the same time! The kernels are considered seeds (which makes them a grain), they develop from the flower of the plant (making them a fruit), and when eaten fresh like sweet corn, they're treated as a vegetable. Another cool fact is that corn is one of the most widely grown crops in the world and has been cultivated for thousands of years, originally by Indigenous peoples in the Americas. Plus, each ear of corn typically has an even number of rows—usually 16—and nearly always ends up with about 800 kernels in total. Talk about neat and organized nature!

Howell Mountain Elementary School District is an equal opportunity provider and employer.