

Howell Mountain Elementary School Menu September 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

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/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
1 Labor Day Holiday No School	2 <i>Choice of Cereal</i> Chicken Strips Rice	3 <i>Breakfast Burrito</i> Pizza Day	4 <i>Pancakes</i> Beef Tacos	5 <i>Scones</i> Spaghetti with Meat Sauce
8 <i>Choice of Cereal</i> Parmesan Garlic Chicken Pasta	9 <i>Waffles</i> Tamal Beans	10 <i>Yogurt Parfait</i> Pizza Day	11 <i>Breakfast Sandwich</i> Sub Sandwich Snack	12 <i>Twin bars</i> Hamburger Baked Fries
15 <i>Bagel/Cream Cheese</i> Chili Mac Pasta	16 <i>Pancakes</i> Quesadilla Beans	17 <i>French toast Stix</i> Pizza Day	18 <i>Concha</i> Chicken Noodle Soup Roll	19 <i>Homemade Muffin</i> Chicken Burger Baked Fries
22 <i>Choice of Cereal</i> Chicken Pesto Pasta	23 <i>Oatmeal/Fruit Bowl</i> Pupusa Beans	24 <i>Waffles</i> Pizza Day	25 <i>Breakfast Burrito</i> Tomato Soup Toasted Cheese Sandwich	26 <i>Concha</i> Chicken Strips Rice
29 <i>Bagel/Cream cheese</i> Shredded Pork Sandwich	30 <i>Pancakes</i> Bean & Cheese Burrito			

Cucumbers are cool in more ways than one—literally! They're made up of about 95% water, which makes them super refreshing and hydrating, especially on hot days. Even though we often think of them as vegetables, cucumbers are actually fruits because they develop from the flower of the plant and contain seeds. Another cool fact is that cucumbers have natural anti-inflammatory properties and have been used for centuries to soothe puffy eyes and skin irritation. So whether you eat them or use them in skincare, cucumbers are a crisp, healthy multitasker!

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