

Menus for April 2011

Hudsonville Public Elementary



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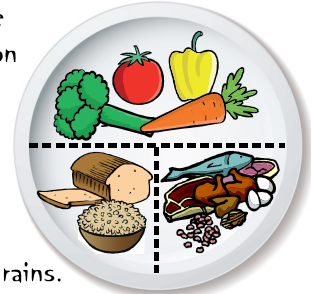
PRICES FOR LUNCH:
\$2.00 PER DAY
(MILK IS INCLUDED WITH EACH LUNCH)

CHILDREN WHO QUALIFY FOR REDUCED LUNCH:
\$.40 PER DAY

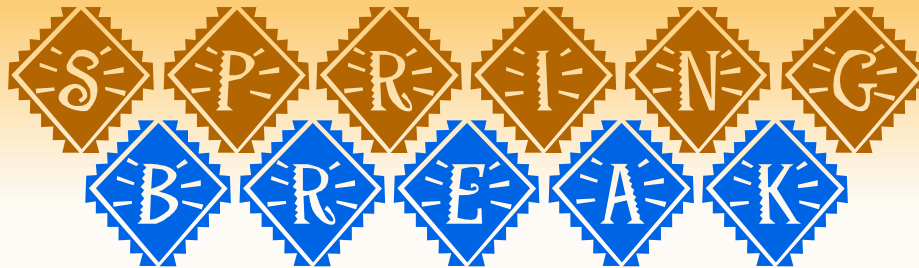
MILK ONLY:
\$.50 PER DAY

DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Break begins at the end of classes:
Thursday March 31

Classes resume:
Monday, April 11

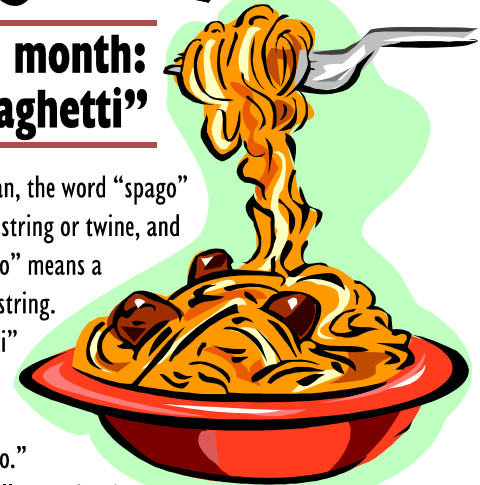


Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: "Spaghetti"



In Italian, the word "spago" means string or twine, and "spaghetto" means a very thin string. "Spaghetti" is the plural of "spaghetto." Traditionally, spaghetti was 20" long (try wrapping that around your fork!), but in America, 10" is a more typical length. Today, lots of pastas are being made with whole grains. Give these healthier "little strings" a try!

Monday, April 11

NATIONAL KITE MONTH
CHOOSE ONE:
(W) SAUSAGE PIZZA
OR
(B) CHICKEN NUGGETS

SIDES

APPLE

PINEAPPLE

MINI RICE KRISPIE TREAT

Tuesday, April 12

CHOOSE ONE:
(W) GRILLED CHEESE SANDWICH
OR
(B) CHICKEN NUGGETS

SIDES

TOMATO SOUP

BANANA

Wednesday, April 13

CHOOSE ONE:
(W) CHEESEBURGER OR HAMBURGER ON BUN
OR
(B) CHICKEN NUGGETS

SIDES

APPLE SLICES WITH CINNAMON

GRAPES

Thursday, April 14

CHOOSE ONE:
(W) TACO IN A BAG
OR
(B) CHICKEN NUGGETS

SIDES

SALAD

ORANGE WEDGES

Friday, April 15

CHOOSE ONE:
(W) CHEESE LASAGNA ROLLUP WITH MEATLESS SAUCE
OR
(B) CHICKEN NUGGETS

SIDES

MIXED FRUIT

RAISINS

WHOLE GRAIN ROLL



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: How can I possibly eat FIVE SERVINGS of vegetables every day?!

A: It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots



Half of a large ear of corn



Half a dozen red pepper strips



2 leaves of romaine lettuce in a salad or on a burger or sandwich



A handful of broccoli florets



See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

LEARN MORE AT WWW.MYPYRAMID.GOV OR WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/

Monday, April 18

LOVE THE EARTH WEEK

CHOOSE ONE:
(W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS
OR
(B) HAM AND CHEESE ON BUN

SIDES
100% GRAPE JUICE
MANDARIN ORANGES

Tuesday, April 19

CHOOSE ONE:
(W) TURKEY GRAVY
OR
(B) HAM AND CHEESE ON BUN

SIDES
MASHED POTATOES
APPLESAUCE
ROLL

Wednesday, April 20

CHOOSE ONE:
(W) BOSCO CHEESE STUFFED BREADSTICKS (2) WITH MEATLESS SAUCE
OR
(B) HAM AND CHEESE ON BUN

SIDES
BANANA
PEACHES

Thursday, April 21

CHOOSE ONE:
(W) CHICKEN FLOWER
OR
(B) HAM AND CHEESE ON BUN

SIDES
PINEAPPLE
ORANGE WEDGES

Friday, April 22

CHOOSE ONE:
(W) CHEESY GARLIC FLATBREAD
OR
(B) HAM AND CHEESE ON BUN

SIDES
APPLE
APRICOTS
FREE EARTH DAY BOOKMARK

Monday, April 25

NATIONAL PLAYGROUND SAFETY WEEK

CHOOSE ONE:
(W) HAM CHEF
OR
(B) CHEESE PIZZA

SIDES
SALAD
FRESH PEAR
MINI BAGEL

Tuesday, April 26

CHOOSE ONE:
(W) GRILLED CHICKEN PATTY ON BUN
OR
(B) CHEESE PIZZA

SIDES
CORN
FROZEN PEACH CUPS

Wednesday, April 27

CHOOSE ONE:
(W) BBQ CHICKEN CHIPS (6)
OR
(B) CHEESE PIZZA

SIDES
TROPICAL FRUIT MIX
FRESH CUCUMBERS

Thursday, April 28

CHOOSE ONE:
(W) MAC AND MEAT
OR
(B) CHEESE PIZZA

SIDES
BLUE FRUITED JELLO
BANANA
FREE STICKER ACTIVITY BOOK

Friday, April 29

CHOOSE ONE:
(W) CHICKEN FAJITA
OR
(B) CHEESE PIZZA

SIDES
ORANGE SHERBET
PINEAPPLE



EARTH DAY 🌍 APRIL 22

THE CHARACTER OF MARIO ALREADY EXISTED IN 1983, WHEN NINTENDO DECIDED TO ADD A SECOND PLAYER FOR THE BRAND-NEW "MARIO BROS." GAME. **BUT WHAT TO CALL THE BRO?** THE DECISION WAS MADE EASY FOR THE GAME DESIGNERS WHEN THEY WALKED OUTSIDE THEIR AMERICAN HEADQUARTERS IN REDMOND, WASHINGTON AND SAW A PIZZA PARLOR DOWN THE STREET CALLED "MARIO & LUIGI'S"!

STRANGE BUT TRUE!

