

Back to school

Menus for September 2011

Jenison Public, Hudsonville Public, Jenison Christian

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Nobody learns if they're empty.



You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn well. We hope you'll join us often this year!

Breakfast
\$1.25 **\$1.50**
 Elementary Secondary

Lunch
\$2.00 **\$2.50/\$2.75**
 Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:
 616-457-2400 or lunchacctinfo@hpseagles.net

Monday, Sept. 12

POSITIVE THINKING WEEK
CHOOSE ONE:
 (W) PEPPERONI PIZZA BAGEL
 OR
 (B) HOT DOG ON BUN

SIDES
 MIXED FRUIT
 GRAPES

Tuesday, Sept. 13

CHOOSE ONE:
 (W) CHICKEN NOODLE AND RICE SOUP WITH MINI BOSCO CHEESESTICK
 OR
 (B) HOT DOG ON BUN

SIDES
 APPLE SLICES WITH CINNAMON
 ORANGE WEDGES

Wednesday, Sept. 14

CHOOSE ONE:
 (W) BEEF AND BEAN BURRITO
 OR
 (B) HOT DOG ON BUN

SIDES
 LOCALLY GROWN APPLE
 APRICOTS
 FREE GIVEAWAY

Thursday, Sept. 15

CHOOSE ONE:
 (W) MACARONI AND CHEESE
 OR
 (B) HOT DOG ON BUN

SIDES
 CUCUMBERS
 FROZEN PEACH CUP
 WHOLE GRAIN ROLL

Friday, Sept. 16

CHOOSE ONE:
 (W) FISH TREASURES (5)
 OR
 (B) HOT DOG ON BUN

SIDES
 MANDARIN ORANGES
 RAISINS

Tuesday, Sept. 6

WELCOME BACK!

CHOOSE ONE:
 (W) CHEESE PIZZADILLA
 OR
 (B) CHICKEN NUGGETS (5)

SIDES
 LOCALLY GROWN APPLE
 PEACHES

Wednesday, Sept. 7

CHOOSE ONE:
 (W) HONEY RIB SANDWICH ON BUN
 OR
 (B) CHICKEN NUGGETS (5)

SIDES
 PINEAPPLE
 GRAPES

Thursday, Sept. 8

CHOOSE ONE:
 (W) CHEESEBURGER OR HAMBURGER ON BUN
 OR
 (B) CHICKEN NUGGETS (5)

SIDES
 BANANA
 TROPICAL FRUIT MIX

Friday, Sept. 9

CHOOSE ONE:
 (W) HAM CHEF
 OR
 (B) CHICKEN NUGGETS (5)

SIDES
 SALAD
 PEARS
 MINI BAGEL

Remembering our Heroes on September 11, and showing our support for them all year round.

Pricing Info

LUNCHES - \$2.00 PER DAY AND INCLUDE A MILK

REDUCED PRICE MEALS FOR THOSE WHO QUALIFY - \$.40 PER DAY

MILK ONLY - \$.50 PER DAY

ONLINE DEPOSITS CAN BE MADE AT WWW.SENDMONEYTOSCHOOL.COM

THERE IS A \$2.00 FEE FOR THIS SERVICE.

Word of the Month

in·teg·ri·ty

noun 1. soundness of and adherence to moral principle and character

2. uprightness; honesty.

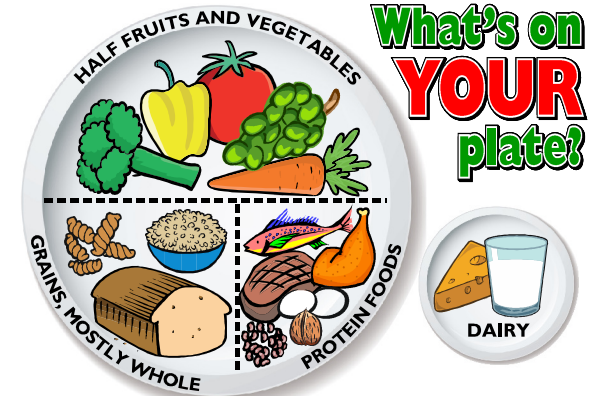
NOSE FOR FOOD



In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture. They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey Vultures are rare birds, in that they use a highly developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!



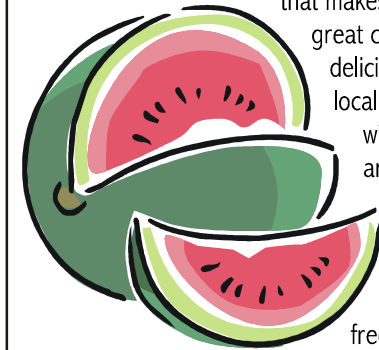
ANIMAL APPETITES



What's on **YOUR** plate?

How come watermelon is such a great choice?

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate! And all for just 40 fat-free and salt-free calories per cup!



Learn more at www.CHOOSEMYPLATE.gov or www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

Monday, Sept. 19
FALL INTO FALL WEEK
CHOOSE ONE:
 (W) CHICKEN FLOWER
 OR
 (B) SUB SANDWICH ON BUN

SIDES
 GRAPES
 DICED PEARS

Tuesday, Sept. 20
CHOOSE ONE:
 (W) CHEESY GARLIC FLATBREAD
 OR
 (B) SUB SANDWICH ON BUN

SIDES
 GREEN BEANS
 BANANA
 FRUIT SNACK

Wednesday, Sept. 21
CHOOSE ONE:
 (W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS
 OR
 (B) SUB SANDWICH ON BUN

SIDES
 GRAPE FLAVORED 100% FRUIT JUICE
 ORANGE WEDGES

Thursday, Sept. 22
CHOOSE ONE:
 (W) TURKEY GRAVY
 OR
 (B) SUB SANDWICH ON BUN

SIDES
 MASHED POTATOES
 APPLESAUCE
 WHOLE GRAIN ROLL

Friday, Sept. 23
CHOOSE ONE:
 (W) BOSCO CHEESE STUFFED BREADSTICKS (2) WITH MEATLESS SAUCE
 OR
 (B) SUB SANDWICH ON BUN

SIDES
 BLUE FRUITED JELLO
 LOCALLY GROWN APPLE

Monday, Sept. 26
NATIONAL CHICKEN WEEK
CHOOSE ONE:
 (W) BEEF TERIYAKI NIBBLERS (4)
 OR
 (B) CHEESE PIZZA

SIDES
 RASPBERRY SHERBET
 PEACHES
 GOLDFISH GRAHAM CRACKERS

Tuesday, Sept. 27
CHOOSE ONE:
 (W) DICED BBQ CHICKEN ON BUN
 OR
 (B) CHEESE PIZZA

SIDES
 LOCALLY GROWN APPLE
 MIXED FRUIT
 FREE GIVEAWAY

Wednesday, Sept. 28
CHOOSE ONE:
 (W) TACO BOAT
 OR
 (B) CHEESE PIZZA

SIDES
 CORN
 TROPICAL FRUIT MIX

Thursday, Sept. 29
CHOOSE ONE:
 (W) MAC AND MEAT (MACARONI AND MEAT SAUCE)
 OR
 (B) CHEESE PIZZA

SIDES
 APPLE SLICES WITH CINNAMON
 ORANGE WEDGES

Friday, Sept. 30
CHOOSE ONE:
 (W) GRILLED CHICKEN PATTY ON BUN
 OR
 (B) CHEESE PIZZA

SIDES
 PINEAPPLE
 FRESH PEAR

NUTRITION TO GO
 Chili (or "chile") peppers are a key seasoning in the dish that's also known as chili. The heat in different types of peppers is measured in "Scoville Units." A green bell pepper scores 0 units, a jalapeño pepper scores up to 5000, a habañero pepper scores up to 300,000 – and a scorpion pepper over a million units!

A TASTY MORSEL FOR PARENTS