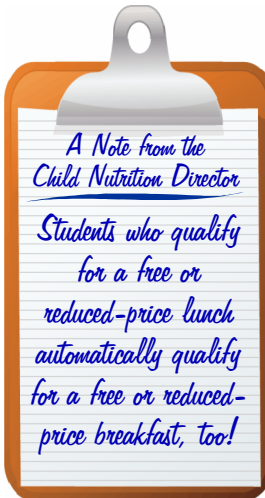


Menus for November 2013

Hudsonville
Elementary and
Hudsonville
Christian

*This institution is an
equal opportunity
provider and employer.*



*A Note from the
Child Nutrition Director*

*Students who qualify
for a free or
reduced-price lunch
automatically qualify
for a free or reduced-
price breakfast, too!*

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



SUNDAY, NOV. 3

Available Daily	Pricing Info
<p>BABY CARROTS, CANNED FRUIT AND FRESH FRUIT ARE AVAILABLE ON THE FOOD BAR DAILY</p> <p>MILK AVAILABLE DAILY: 1% WHITE FAT FREE WHITE FAT FREE CHOCOLATE</p> <p>NUTRITION INFORMATION ON THIS MENU CAN BE FOUND AT WWW.JENHUDFOOD.ORG</p>	<p>LUNCHES - \$2.00 PER DAY AND INCLUDE A MILK</p> <p>REDUCED PRICE MEALS FOR THOSE WHO QUALIFY - \$.40 PER DAY</p> <p>MILK ONLY - \$.50 PER DAY</p> <p>ONLINE DEPOSITS CAN BE MADE AT WWW.SENDMONEYTOSCHOOL.COM THERE IS A \$2.00 FEE FOR THIS SERVICE.</p>

Monday, November 4

**INTERNATIONAL
DRUM MONTH**
CHOOSE ONE:
(W) SAUSAGE PIZZA
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SIDES

GARBANZO BEANS
PINEAPPLE
APPLE

Tuesday, November 5

ELECTION DAY
CHOOSE ONE:
(W) CHICKEN
NOODLE AND RICE
SOUP WITH MINI
BOSCO
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SIDES

HOT BROCCOLI
PEARS
ORANGE WEDGES

Wed., November 6

CHOOSE ONE:
(W) TACO BOAT
WITH GOLDFISH
GRAHAMS
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SIDES

GREEN BEANS
PEACHES
BANANA

Thursday, November 7

CHOOSE ONE:
(W) CHILI WITH MEAT
AND BAKED SCOOPS
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SIDES

MINI BAKED POTATO
MIXED FRUIT
GRAPES

Friday, November 8

CHOOSE ONE:
(W) HAM CHEF
WITH ROLL
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SIDES

ROMAINE RIBBONS
MANDARIN
ORANGES
FRESH PEAR

Thank You



★ VETERANS' DAY NOVEMBER 11 ★

Monday, November 11

VETERAN'S DAY
CHOOSE ONE:
(W) CORN DOG
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES

PEAS
TROPICAL FRUIT MIX
FARM FRESH APPLE
FREE PATRIOTIC PEN

Tuesday, November 12

CHOOSE ONE:
(W) MAC AND MEAT
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES

FRESH BROCCOLI
APPLE SLICES WITH
CINNAMON
BANANA

Wed., November 13

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

SIDES

CELERY
PEARS
GRAPES

Thursday, November 14

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

SIDES

TOMATO SOUP
PEACHES
ORANGE WEDGES

Friday, November 15

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

SIDES

BAKED BEANS
APRICOTS
FRESH PEAR

HABIT FORMING.

Lots of things that are bad for you are habit-forming, but so are some good things. Eating breakfast, for instance. Research has shown that kids who eat a good breakfast most days when they're young are more likely to keep doing so as teens and adults.



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

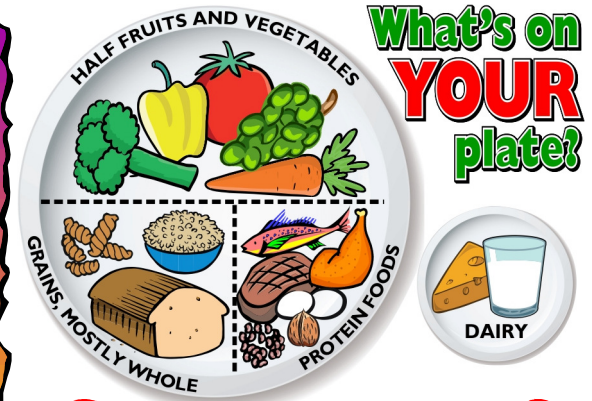
PLEASE JOIN US FOR OUR



TUESDAY, NOVEMBER 19

WHAT MAKES LEARNING FUN?

A GREAT TEACHER!
Please join us in saying thanks to our teachers during American Education Week November 18-22!



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!

Monday, November 18
GAME AND PUZZLE WEEK
CHOOSE ONE:
(W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS
OR
(B) HAM & CHEESE ON BUN

SIDES
CUCUMBERS
APPLE JUICE
GRAPES

Tuesday, November 19
CHUTES AND LADDERS
CHOOSE ONE:
(W) TURKEY GRAVY WITH ROLL
OR
(B) HAM & CHEESE ON BUN

SIDES
MASHED POTATOES
APPLE SAUCE
ORANGE WEDGES

Wed., November 20
SORRY!
CHOOSE ONE:
(W) BOSCO CHEESESTICKS WITH MEATLESS SAUCE
OR
(B) HAM & CHEESE ON BUN

SIDES
FRESH SPINACH
MIXED FRUIT
BANANA

Thursday, November 21
SETTLERS OF KATTAN
CHOOSE ONE:
(W) CHEESY GARLIC FLATBREAD
OR
(B) HAM & CHEESE ON BUN

SIDES
BEAN SALAD
PINEAPPLE
FARM FRESH APPLE

Friday, November 22
PICTIONARY
CHOOSE ONE:
(W) CHICKEN TENDERS WITH GOLDFISH GRAHAM
OR
(B) HAM & CHEESE ON BUN

SIDES
GREEN BEANS
TROPICAL FRUIT MIX
RAISINS

Monday, November 25
THANKSGIVING VACATION WEEK!
CHOOSE ONE:
(W) TERIYAKI BEEF NIBBLERS WITH ROLL
OR
(B) CHEESE PIZZA

SIDES
HOT BROCCOLI
PEARS
FARM FRESH APPLE

Tuesday, November 26
CHOOSE ONE:
(W) FISH TREASURES
OR
(B) CHEESE PIZZA

SIDES
BABY CARROT'S
MIXED FRUIT
GRAPES
FREE HARVEST DOOR HANGER

NO LUNCH

Thanksgiving Holiday Begins Today!



HAPPY THANKSGIVING

SEE YOU ON MONDAY!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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