

Menus for May & June 2014



Hudsonville Elementary and Hudsonville Christian

This institution is an equal opportunity provider and employer.

Available Daily

BABY CARROTS, CANNED FRUIT AND FRESH FRUIT ARE AVAILABLE ON THE FOOD BAR DAILY

MILK AVAILABLE DAILY:
1% WHITE
FAT FREE WHITE
FAT FREE CHOCOLATE

NUTRITION INFORMATION ON THIS MENU CAN BE FOUND AT
WWW.JENHUDFOOD.ORG

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.

NUTRITION TO GO

Researchers have consistently noted higher rates of osteoporosis (weak bones) among people who drink a lot of soda (regular or sugar-free). No substance in soda has been found to directly cause loss of bone density, but researchers believe soda takes the place of other drinks (like milk and fortified OJ) that contain the calcium we need for strong bones.

A TASTY MORSEL FOR PARENTS

Monday, May 5

CINCO DE MAYO
CHOOSE ONE:
(W) PEPPERONI PIZZA
BAGEL
OR
(B) CHEESEBURGER OR
HAMBURGER ON BUN

SUPERPOWER VEGETABLES
GARBANZO BEANS
BABY CARROTS

NATURE'S CANDY
PINEAPPLE
FARM FRESH APPLE

Tuesday, May 6

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

SUPERPOWER VEGETABLES
FRESH BROCCOLI
BABY CARROTS

NATURE'S CANDY
PEARS
ORANGE WEDGES

Wednesday, May 7

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

SUPERPOWER VEGETABLES
GREEN BEANS
BABY CARROTS

NATURE'S CANDY
PEACHES
BANANA

Thursday, May 8

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

SUPERPOWER VEGETABLES
MINI BAKED POTATO
BABY CARROTS

NATURE'S CANDY
MIXED FRUIT
GRAPES

Friday, May 9

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

SUPERPOWER VEGETABLES
ROMAINE RIBBONS
BABY CARROTS

NATURE'S CANDY
MANDARIN
ORANGES
FRESH PEAR



Monday, May 12

NATIONAL BIKE MONTH
CHOOSE ONE:
(W) CORN DOG
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SUPERPOWER VEGETABLES
PEAS
BABY CARROTS

NATURE'S CANDY
TROPICAL FRUIT MIX
FARM FRESH APPLE

Tuesday, May 13

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

SUPERPOWER VEGETABLES
HOT BROCCOLI
BABY CARROTS

NATURE'S CANDY
APPLE SLICES WITH
CINNAMON
BANANA

Wednesday, May 14

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

SUPERPOWER VEGETABLES
CELERY
BABY CARROTS

NATURE'S CANDY
PEARS
GRAPES

Thursday, May 15

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

SUPERPOWER VEGETABLES
TOMATO SOUP
BABY CARROTS

NATURE'S CANDY
PEACHES
ORANGE WEDGES

Friday, May 16

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

SUPERPOWER VEGETABLES
BAKED BEANS
BABY CARROTS
NATURE'S CANDY
APRICOTS
FRESH PEAR

FREE SILLY GLASSES

MICHIGAN
farm
to school

We support
Michigan farms
and companies with
local purchases
whenever possible.

Monday, May 19
TOMORROW IS BE A MILLIONAIRE DAY!
 CHOOSE ONE:
 (W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS OR
 (B) HAM & CHEESE ON BUN

SUPERPOWER VEGETABLES
 CUCUMBERS
 BABY CARROTS

NATURE'S CANDY
 APPLE JUICE
 GRAPES

Tuesday, May 20
 CHOOSE ONE:
 (W) TURKEY GRAVY WITH ROLL OR
 (B) HAM & CHEESE ON BUN

SUPERPOWER VEGETABLES
 MASHED POTATOES
 BABY CARROTS

NATURE'S CANDY
 APPLE SAUCE
 ORANGE WEDGES

Wednesday, May 21
 CHOOSE ONE:
 (W) BOSCO CHEESESTICKS (2) WITH MEATLESS SAUCE OR
 (B) HAM & CHEESE ON BUN

SUPERPOWER VEGETABLES
 FRESH SPINACH
 BABY CARROTS

NATURE'S CANDY
 MIXED FRUIT
 BANANA

Thursday, May 22
 CHOOSE ONE:
 (W) GARLIC CHEESE BREAD OR
 (B) HAM & CHEESE ON BUN

SUPERPOWER VEGETABLES
 BEAN SALAD
 BABY CARROTS

NATURE'S CANDY
 PINEAPPLE
 FARM FRESH APPLE

Friday, May 23
 CHOOSE ONE:
 (W) CHICKEN TENDERS WITH GOLDFISH GRAHAMS OR
 (B) HAM & CHEESE ON BUN

SUPERPOWER VEGETABLES
 GREEN BEANS
 BABY CARROTS

NATURE'S CANDY
 TROPICAL FRUIT MIX
 RAISINS

Monday, May 26



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 27
 CHOOSE ONE:
 (W) BEEF NIBBLERS WITH ROLL OR
 (W) CHEESE PIZZA

SUPERPOWER VEGETABLES
 CORN
 BABY CARROTS

NATURE'S CANDY
 PEARS
 FARM FRESH APPLE

Wednesday, May 28
 CHOOSE ONE:
 (W) FISH TREASURES OR
 (W) CHEESE PIZZA

SUPERPOWER VEGETABLES
 HOT BROCCOLI
 BABY CARROTS

NATURE'S CANDY
 APPLE SLICES WITH CINNAMON
 BANANA

Thursday, May 29
 CHOOSE ONE:
 (W) MACARONI AND CHEESE WITH ROLL OR
 (W) CHEESE PIZZA

SUPERPOWER VEGETABLES
 GREEN BEANS
 BABY CARROTS

NATURE'S CANDY
 PINEAPPLE
 ORANGE WEDGES

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

SUPERPOWER VEGETABLES
 BAKED BEANS
 BABY CARROTS

NATURE'S CANDY
 APRICOTS
 FRESH PEAR

FREE PATRIOTIC YO-YO SACK LUNCH FOR BAUER

Monday, June 2
SUMMER, HERE WE COME
 CHOOSE ONE:
 (W) TACO BOAT WITH BREAD OR
 (B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
 PEAS
 BABY CARROTS
NATURE'S CANDY
 TROPICAL FRUIT MIX
 APPLE

Tuesday, June 3
 CHOOSE ONE:
 (W) HAM CHEF WITH GOLDFISH GRAHAM OR
 (B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
 ROMAINE RIBBONS
 BABY CARROTS

NATURE'S CANDY
 PEARS
 BANANA

Wednesday, June 4
 CHOOSE ONE:
 (W) CHEESE PIZZADILLA OR
 (B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
 CELERY
 BABY CARROTS
NATURE'S CANDY
 PEACHES
 GRAPES
NO LUNCH FOR FOREST GROVE

Thursday, June 5
 CHOOSE ONE:
 (W) CORN DOG OR
 (B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
 BAKED BEANS
 BABY CARROTS

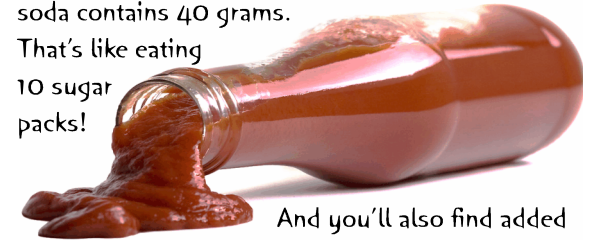
NATURE'S CANDY
 PINEAPPLE
 ASSORTED FRESH FRUIT

Friday, June 6
 CHOOSE ONE:
 (W) SAUSAGE PIZZA OR
 (B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLE
 CARROTS
NATURE'S CANDY
 MIXED FRUIT
 ASSORTED FRESH FRUIT
SPECIAL MENU FOR JAMESTOWN
SACK LUNCH FOR ALWARD
NO LUNCH FOR FOREST GROVE, PARK, HUD CHR

ADDITION BY SUBTRACTION.

Perhaps the single best way to ADD to your good health is to SUBTRACT one item from your diet: ADDED SUGAR. Nutritionists recommend that we get no more than 5-10% of daily calories from added sugar -- about 25-50 grams per day (6-12 teaspoons). Sound like a lot? A single 12-oz. soda contains 40 grams. That's like eating 10 sugar packs!



And you'll also find added sugar in lots of places you might not expect -- ketchup, BBQ sauce, bread, cereal (even those marketed as "healthy"), vitamin water, protein and granola bars, sports drinks -- even spaghetti sauce. New regulations will require that added sugar be listed separately on nutrition labels. But for now, check the label for total sugar. And choose whole, unprocessed food when you can.

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

Get outside. Keep your eyes open. And enjoy!



We look forward to serving you again next year!