



Hudsonville Elementary

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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.



National School Lunch Week - October 10-14, 2011

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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



AND ONLY!

The bloodhound is the only animal that can give evidence that can be used in a court of law!

Monday, October 3

FIRE PREVENTION WEEK

CHOOSE ONE:
(W) BEEF AND BEAN BURRITO
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

FARM FRESH APPLE
PEARS

Tuesday, October 4

NATIONAL CHILD HEALTH DAY

CHOOSE ONE:
(W) CHICKEN TERIYAKI WITH WHITE RICE
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

PINEAPPLE
BANANA

Wed., October 5

CHOOSE ONE:
(W) PEPPERONI PIZZA BITES (4)
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

ORANGE WEDGES
MIXED FRUIT

Thursday, October 6

WALK TO SCHOOL DAY

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

SIDES

GRAPES
PEACHES

Friday, October 7

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

SIDES

SALAD
RAISINS
MINI BAGEL

Monday, October 10

NATIONAL SCHOOL LUNCH WEEK

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

SIDES

GRAPES
PINEAPPLE

Tuesday, October 11

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

SIDES

SALAD
BANANA

Wed., October 12

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

SIDES

FRESH PEAR
APRICOTS
BAG OF PRETZELS

Thursday, October 13

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

SIDES

TOMATO SOUP
FARM FRESH APPLE
FREE FARM TO SCHOOL STACK UP

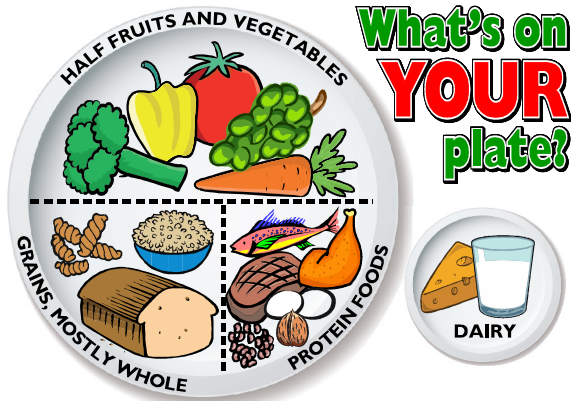
Friday, October 14

CHOOSE ONE:
(W) CORN DOG
OR
(B) CHICKEN NUGGETS

SIDES

GREEN BEANS
MANDARIN ORANGES

Columbus Day



Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!

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

NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

A TASTY MORSEL FOR PARENTS

Monday, October 17	Tuesday, October 18	Wed., October 19	Thursday, October 20	Friday, October 21
SCHOOL BUS SAFETY WEEK CHOOSE ONE: (W) PANCAKE WITH CHEESE OMELET OR (B) HAM AND CHEESE ON BUN <u>SIDES</u> 100% GRAPE FLAVORED FRUIT JUICE FARM FRESH APPLE	CHOOSE ONE: (W) TURKEY GRAVY OR (B) HAM AND CHEESE ON BUN <u>SIDES</u> MASHED POTATOES APPLESAUCE WHOLE GRAIN ROLL	CHOOSE ONE: (W) BOSCO CHEESE STUFFED BREADSTICKS (2) WITH MEATLESS SAUCE OR (B) HAM AND CHEESE ON BUN <u>SIDES</u> ORANGE WEDGES MIXED FRUIT	CHOOSE ONE: (W) CHICKEN FLOWER (FLOWER SHAPED CHICKEN NUGGET STYLE ITEM) OR (B) HAM AND CHEESE ON BUN <u>SIDES</u> TROPICAL FRUIT MIX FROZEN CHERRY SHAPEUP	<p>No Lunch Today</p> <p>See you next week!</p>

Monday, October 24	Tuesday, October 25	Wed., October 26	Thursday, October 27	Friday, October 28
NATIONAL CHILI WEEK CHOOSE ONE: (W) CHICKEN FAJITA OR (B) CHEESE PIZZA <u>SIDES</u> APPLE SLICES WITH CINNAMON RAISINS FREE MYSTERY GIVEAWAY	CHOOSE ONE: (W) CHILI WITH MEAT AND BAKED SCOOPS OR (B) CHEESE PIZZA <u>SIDES</u> FRESH CUCUMBERS BANANA	CHOOSE ONE: (W) FISH TREASURES (5) OR (B) CHEESE PIZZA <u>SIDES</u> CALIFORNIA BLEND VEGETABLES PEACHES	CHOOSE ONE: (W) MACARONI AND CHEESE WITH BREADSTICK OR (B) CHEESE PIZZA <u>SIDES</u> PEARS ORANGE WEDGES	CHOOSE ONE: (W) BREADED CHICKEN PATTY ON BUN OR (B) CHEESE PIZZA <u>SIDES</u> ORANGE FRUITED JELLO FARM FRESH APPLE

THE TSUNAMI THAT HIT JAPAN LAST MARCH CAUSED ICEBERGS TO BREAK OFF FROM THE ICE SHELF IN ANTARCTICA -- **8,000 MILES AWAY!** IT TOOK 18 HOURS FOR THE WAVES TO REACH THAT DISTANT SHORE, AND THEY WERE ONLY ABOUT A FOOT HIGH WHEN THEY GOT THERE, BUT THE ACTION WAS ENOUGH TO BREAK OFF ICEBERGS WITH COMBINED SURFACE AREAS MORE THAN **TWICE THE SIZE OF MANHATTAN!**

STRANGE

BUT TRUE!

