



WELCOME TO THE NEW YEAR!
MENUS FOR
JANUARY 2012
Hudsonville Elementary and Hudsonville Christian

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Chionophobia



"Chionophobia" is the fear of snow or being snowbound.

A Note from the Food Service Director

January Special!!

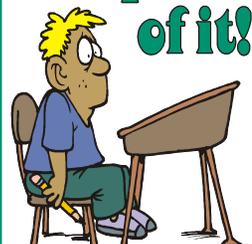
1/1/12 through 1/31/12
 There will be no service charge for online deposits made at:
www.sendmoneytoschool.com
 Starting Feb. 1, the \$2 service fee will resume.

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Snap out of it!



Yes, vacation is over, but we're happy to see you – and it won't be too long until Spring Break!

Welcome Back!

Breakfast **Lunch**
\$1.25 **\$2.00**

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

Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
HAPPY NEW YEAR! CHOOSE ONE: (W) CHEESE PIZZADILLA OR (B) CHICKEN NUGGETS SIDES FARM FRESH APPLE PEACHES NO LUNCH FOR HUD. CHRISTIAN	CHOOSE ONE: (W) CORN DOG OR (B) CHICKEN NUGGETS SIDES ORANGE WEDGES PEARS	CHOOSE ONE: (W) GRILLED CHEESE SANDWICH OR (B) CHICKEN NUGGETS SIDES TOMATO SOUP BANANA FREE PYRAMID NOTEPAD	CHOOSE ONE: (W) CHEESEBURGER OR HAMBURGER ON BUN OR (B) CHICKEN NUGGETS SIDES MANDARIN ORANGES RAISINS
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12
CLEAN OFF YOUR DESK WEEK CHOOSE ONE: (W) PEPPERONI PIZZA BAGEL OR (B) HOT DOG ON BUN SIDES FARM FRESH APPLE PINEAPPLE	CHOOSE ONE: (W) CHICKEN NOODLE AND RICE SOUP WITH MINI BOSCO CHEESE STICK OR (B) HOT DOG ON BUN SIDES FROZEN PEACH CUP FRESH PEAR	CHOOSE ONE: (W) BBQ CHICKEN CHIPS OR (B) HOT DOG ON BUN SIDES BANANA MIXED FRUIT	CHOOSE ONE: (W) MACARONI AND CHEESE OR (B) HOT DOG ON BUN SIDES ORANGE WEDGES APPLE SLICES WITH CINNAMON MINI BAGEL
Friday, January 13			
CHOOSE ONE: (W) BEEF AND BEAN BURRITO OR (B) HOT DOG ON BUN SIDES GRAPES RASPBERRY SHERBET			

Monday, January 16
KID INVENTORS WEEK
CHOOSE ONE:
 (W) BOSCO CHEESE STICKS WITH MEATLESS SAUCE OR
 (B) HAM & CHEESE ON BUN
SIDES
 RAISINS
 PEACHES

Tuesday, January 17
CHOOSE ONE:
 (W) TURKEY GRAVY OR
 (B) HAM & CHEESE ON BUN
SIDES
 MASHED POTATOES
 APPLESAUCE
 ROLL

Wednesday, January 18
CHOOSE ONE:
 (W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS OR
 (B) HAM & CHEESE ON BUN
SIDES
 ORANGES WEDGES
 100% GRAPE FLAVORED FRUIT JUICE

Thursday, January 19
CHOOSE ONE:
 (W) CHICKEN FLOWER OR
 (B) HAM & CHEESE ON BUN
SIDES
 BANANA
 ORANGE FRUITED JELLO

Friday, January 20
CHOOSE ONE:
 (W) CHEESY GARLIC FLATBREAD OR
 (B) HAM & CHEESE ON BUN
SIDES
 CALIFORNIA BLENDED VEGETABLES
 APPLE SLICES WITH CINNAMON
NO LUNCH FOR HUDS. CHRISTIAN

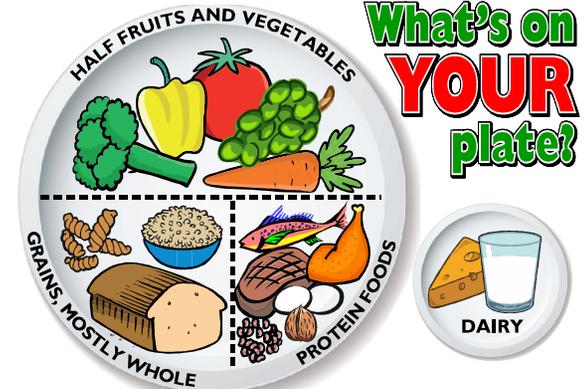
Monday, January 23
NATIONAL HANDWRITING WEEK
CHOOSE ONE:
 (W) FISH TREASURES OR
 (B) CHEESE PIZZA
SIDES
 TROPICAL FRUIT MIX
 FRESH PEAR

Tuesday, January 24
START OF THE CHINESE NEW YEAR
CHOOSE ONE:
 (W) SWEET AND SOUR CHICKEN WITH WHITE RICE OR
 (B) CHEESE PIZZA
SIDES
 PINEAPPLE
 BANANA

Wednesday, January 25
CHOOSE ONE:
 (W) HONEY RIB SANDWICH ON BUN OR
 (B) CHEESE PIZZA
SIDES
 CORN
 FROZEN PEACH CUP
 FREE PLASTIC LEI

Thursday, January 26
CHOOSE ONE:
 (W) SOFT SHELL TACO OR
 (B) CHEESE PIZZA
SIDES
 ORANGE WEDGES
 APPLE SLICES WITH CINNAMON

Friday, January 27
CHOOSE ONE:
 (W) GRILLED CHICKEN PATTY ON BUN OR
 (B) CHEESE PIZZA
SIDES
 MIXED FRUIT
 FARM FRESH APPLE



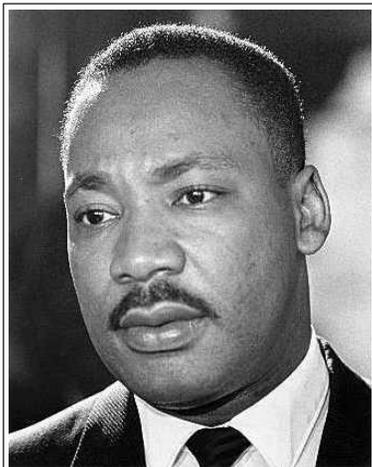
Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

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

Martin Luther King, Jr.'s Birthday is commemorated this year on Monday, January 16



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.

YEAR OF THE DRAGON

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

A TASTY MORSEL FOR PARENTS