

Hudsonville Elementary and Hudsonville Christian

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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

СОМ THERE IS A \$2.00 FEE FOR THIS SERVICE.

Important news about April Fool's Day

Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details. please see the back page.











MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that children and teens should never drink them.



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

Monday, April 9

GO FLY A KITE WEEK

CHOOSE ONE: (W) CHEESE

> PIZZADILLA OR (B) CHICKEN NUGGETS

> > SIDES

FARM FRESH APPLE

PEACHES

Tuesday, April 10

CHOOSE ONE:

(W) GRILLED CHEESE SANDWICH OR (B) CHICKEN NUGGETS

SIDES

TOMATOSOUP

ORANGE WEDGES

Wednesday, April II

CHOOSE ONE:

(W) CORN DOG OR (B) CHICKEN NUGGETS

SIDES

MIXED FRUIT

BANANA

Thursday, April 12

CHOOSE ONE:

(W) TACOINA BAG WITH BAKED **DORITOS** OR (B) CHICKEN NUGGETS

SIDES

PEARS

GRAPES

Friday, April 13

DO NOT WALK UNDER A LADDER TODAY!

CHOOSE ONE:

(W) CHEESEBURGER OR HAMBURGER ON BUN OR (B) CHICKEN **NUGGFTS**

> SIDFS CORN RAISINS

FREE MAKE A SCENE

Monday, April 16 NATIONAL SCHOOL LIBRARY WEEK CHOOSE ONE: (W) CHICKEN FLOWER OR (B) HAM & CHEESE

ON BUN

TROPICAL FRUIT MIX

FRESH PEAR

Tuesday, April 17

CHOOSE ONE: (W) TURKEY GRAVY OR (B) HAM & CHEESE

SIDES

ONBUN

MASHED POTATOES

APPLESAUCE

ROLL

Wednesday, April 18

CHOOSE ONE:

(W) BOSCO CHEESE STICKS (2) WITH MEATLESS SAUCE OR (B) HAM& CHEESE ON BUN

SIDES

PEARS

ORANGE WEDGES

Thursday, April 19

CHOOSE ONE:

(W) TEXAS
CINNAMONTOAST
WITH SCRAMBLED
EGGS
OR
(B) HAM & CHEESE

SIDES

ONBUN

100% GRAPE FLAVORED FRUIT JUICE PINEAPPLE

Friday, April 20

CHOOSE ONE:

(W) CHEESY GARLIC FLATBREAD OR (B) HAM & CHEESE ON BUN

SIDES

FARM FRESH APPLE

PEACHES

FRUIT SNACK



Don't get too juiced about your juice!

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular

juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice

by eating an orange and should mostly drink water or milk.

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

Monday, April 23

NATIONAL PLAYGROUND SAFETY WEEK CHOOSE ONE:

(W) HONEY RIB SANDWICH ON BUN OR (B) CHEESE PIZZA

SIDES

FRESH BROCCOLI AND CAULIFLOWER

> MANDARIN ORANGES

Tuesday, April 24

CHOOSE ONE: (W) CHICKEN

DRUMSTICK OR (B) CHEESE PIZZA

SIDES

MASHED POTATOES

GRAVY

PEACHES

Wednesday, April 25

CHOOSE ONE: (W) CHICKEN O'S (5)

(B) CHEESE PIZZA

SIDES

FROZEN PEACH CUP

BANANA

Thursday, April 26

CHOOSE ONE: (W) SLOPPY JOE ON

BUN OR (B) CHEESE PIZZA

SIDES

FROZEN CHERRY FRUIT SHAPEUP

ORANGE WEDGES

Friday, April 27

CHOOSE ONE: (W) HAM CHEF

OR (B) CHEESE PIZZA

SIDES

SALAD

ORANGE FRUITED
JELLO

GRAPES

NUTRITION TO GO

Microwaved foods may actually retain more nutrients than foods cooked by traditional methods. For example, spinach retains all of its folate (a B vitamin) when microwaved, but only 70% when boiled. Food that's cooked for less time (and in less water) generally keeps more of the good stuff.

A:TASTY MORSEL FOR PARENTS

You've been fooled!



There's no such law! Carry on with all jokes on April 1, as usual!





Muddy Waters -- April 4

Booker T. Washington -- April 5

Kristen Stewart (22) -- April 9

Emma Watson (22) -- April 15

James Monroe -- April 28

Dale Earnhardt -- April 29