

Menus for October 2012



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

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

HEALTHY COLORS.

Fruits and veggies with intense, rich color are among the healthiest foods we can eat. That's why we're featuring healthy dark green and red/orange vegetables every week, as well as beans and other legumes and lots of fresh fruit!



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

Monday, October 1

NATIONAL BOOK MONTH CHOOSE ONE:

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

SIDES

SPINACH
PEACHES
FRESH PEAR

Tuesday, October 2

CHOOSE ONE:

(W) CHICKEN TERIYAKI WITH RICE
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

CORN
GRAPES

Wednesday, October 3

CHOOSE ONE:

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

SIDES

BAKED BEANS
BANANA

Thursday, October 4

CHOOSE ONE:

(W) CHICKEN NOODLE AND RICE SOUP WITH MIMI BOSCO
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

BABY CARROTS
PINEAPPLE
ORANGE WEDGES

Friday, October 5

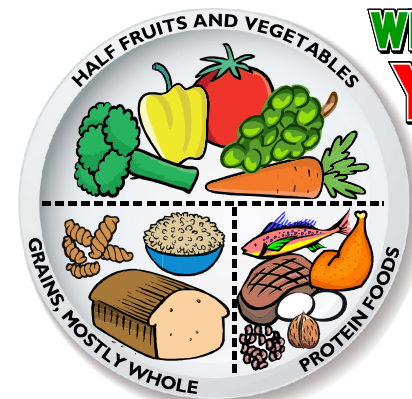
CHOOSE ONE:

(W) HAM CHEF
OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SIDES

LETTUCE
MIXED FRUIT
RAISINS
GOLDFISH GRAHAM CRACKER

FREE MYSTERY GIVEAWAY



What's on
YOUR
plate?



Home on the Range!



Eighty percent of chickens ranged freely on farms in the 1950's. But by 1980, just 1% of chickens were "free-range" -- the rest spent their entire lives in cages inside buildings. Today, the trend has begun to change. Now, 13% of chickens are considered free-range, meaning they have access to the outside every day.

Monday, October 8

EAT BETTER, EAT TOGETHER CHOOSE ONE:

(W) SAUSAGE PIZZA
OR
(B) CHICKEN NUGGETS

SIDES

HOT BROCCOLI
FRESH APPLE

Tuesday, October 9

CHOOSE ONE:

(W) TACO IN A BAG (TACO MEAT WITH BAKED DORITOS)
OR
(B) CHICKEN NUGGETS

SIDES

LETTUCE
PEARS
ORANGE WEDGES

Wednesday, October 10

CHOOSE ONE:

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

SIDES

BEAN SALAD
GRAPES

Thursday, October 11

CHOOSE ONE:

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

SIDES

TOMATO SOUP
APRICOTS
BANANA

Friday, October 12

CHOOSE ONE:

(W) CORN DOG
OR
(B) CHICKEN NUGGETS

SIDES

PEAS
MANDARIN ORANGES

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

Monday, October 15
NATIONAL SCHOOL LUNCH WEEK
CHOOSE ONE:
 (W) FRENCH TOAST WITH CHEESE OMELET OR
 (B) HAM & CHEESE ON BUN

SIDES
 BABY CARROTS
 TROPICAL FRUIT MIX
 100% GRAPE FLAVORED JUICE

Tuesday, October 16
CHOOSE ONE:
 (W) TURKEY GRAVY OR
 (B) HAM & CHEESE ON BUN

SIDES
 MASHED POTATOES
 BANANA
 ROLL

Wednesday, October 17
CHOOSE ONE:
 (W) BOSCO CHEESE STICKS (2) WITH MEATLESS SAUCE OR
 (B) HAM & CHEESE ON BUN

SIDES
 CUCUMBERS
 GRAPES

Thursday, October 18
CHOOSE ONE:
 (W) CHICKEN FLOWER OR
 (B) HAM & CHEESE ON BUN

SIDES
 BAKED BEANS
 APPLESAUCE
 ORANGE WEDGES
NO LUNCH FOR HUD. CHRISTIAN

Friday, October 19
CHOOSE ONE:
 (W) CHEESY GARLIC FLATBREAD OR
 (B) HAM & CHEESE ON BUN

SIDES
 FRESH SPINACH
 APPLE SLICES WITH CINNAMON RAISINS
NO LUNCH FOR HUD. CHRISTIAN

Monday, October 22
NATIONAL CHILI WEEK
CHOOSE ONE:
 (W) CHICKEN FAJITA OR
 (B) CHEESE PIZZA

SIDES
 SHREDDED LETTUCE
 PEACHES
 FRESH APPLE
 ORANGE SHERBET

Tuesday, October 23
CHOOSE ONE:
 (W) CHILI WITH MEAT AND BAKED SCOOPS OR
 (B) CHEESE PIZZA

SIDES
 BABY CARROTS
 PINEAPPLE
 ORANGE WEDGES
 FREE TRADING CARDS

Wednesday, October 24
CHOOSE ONE:
 (W) FISH TREASURES (5) OR
 (B) CHEESE PIZZA

SIDES
 CORN
 BANANA

Thursday, October 25
CHOOSE ONE:
 (W) MACARONI AND CHEESE OR
 (B) CHEESE PIZZA

SIDES
 FRESH BROCCOLI
 PEARS
 BREADSTICK

Friday, October 26
CHOOSE ONE:
 (W) BREADED CHICKEN PATTY ON BUN OR
 (B) CHEESE PIZZA

SIDES
 BEANS SALAD
 GRAPES
 FROZEN PEACH CUP

Monday, October 29
HOLIDAY SAFETY WEEK
CHOOSE ONE:
 (W) CHEESE PIZZADILLA OR
 (B) CHICKEN NUGGETS

SIDES
 PEAS
 MANDARIN ORANGES

Tuesday, October 30
CHOOSE ONE:
 (W) MAC AND MEAT OR
 (B) CHICKEN NUGGETS


SIDES
 HOT BROCCOLI
 GRAPES

Wednesday, October 31
CHOOSE ONE:
 (W) HOT DOG ON BUN OR
 (B) CHICKEN NUGGETS

SIDES
 BAKED BEANS
 MIXED FRUIT

Thursday, November 1
CHOOSE ONE:
 (W) SLOPPY JOE ON BUN OR
 (B) CHICKEN NUGGETS

SIDES
 GREEN BEANS
 ORANGE WEDGES

Friday, November 2
No Lunch Today

See you next week!

 **SCHOOL LUNCH**
WHAT'S COOKING?
KIDS! Join us in celebrating National School Lunch Week October 15-19, 2012

DON'T 4 GET!
 Take at least **ONE**
FRUIT or VEGGIE
 and at least **THREE** items total
 so your meal counts as a complete lunch!

Visit www.traytalk.org for more details
JENISON/HUDSONVILLE SCHOOL FOOD SERVICE

Word of the Month
 kind·ness

noun 1. goodness; benevolence 2. consideration for the feelings and well-being of people other than oneself 3. sympathy; gentle helpfulness