

Menus For January 2013

**Hudsonville Elementary and
Hudsonville Christian**



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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.

A Note from the Food Service Director

January Special!!

1/1/13 through 1/31/13

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

Monday, January 7

HAPPY NEW YEAR WEEK

CHOOSE ONE:

(W) CHEESE PIZZADILLA
OR
(B) CHICKEN NUGGETS

SIDES

CORN
PEACHES
FRESH APPLE

Tuesday, January 8

CHOOSE ONE:

(W) TACO BOAT
OR
(B) CHICKEN NUGGETS

SIDES

LETTUCE
PEARS
ORANGE WEDGES

Wednesday, January 9

CHOOSE ONE:

(W) CORN DOG
OR
(B) CHICKEN NUGGETS

SIDES

GARBANZO BEANS
(CHICKAPEAS)
TROPICAL FRUIT MIX
BANANA

Thursday, January 10

CHOOSE ONE:

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

SIDES

TOMATO SOUP
BABY CARROTS
MANDARIN ORANGES
FRESH PEAR

Friday, January 11

CHOOSE ONE:

(W) HAM CHEF WITH ROLL
OR
(B) CHICKEN NUGGETS

SIDES

LETTUCE
PINEAPPLE
GRAPES
FREE BOOKMARK

PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!
We accept applications
for free and reduced-price
meals all year long.
It's never too late!

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

Monday, January 14

NATIONAL SOUP MONTH

CHOOSE ONE:

(W) PEPPERONI PIZZA BAGEL
OR
(B) CHEESEBURGER/HAMBURGER
ON BUN

SIDES

PEAS
PEARS
FRESH APPLE

Tuesday, January 15

CHOOSE ONE:

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

SIDES

BABY CARROTS
PEACHES
BANANA

Wednesday, January 16

CHOOSE ONE:

(W) BBQ CHICKEN CHIPS
OR
(B) CHEESEBURGER/HAMBURGER
ON BUN

SIDES

BAKED BEANS
APPLE SLICES WITH CINNAMON
ORANGE WEDGES

Thursday, January 17

CHOOSE ONE:

(W) MACARONI AND CHEESE
OR
(B) CHEESEBURGER/HAMBURGER
ON BUN

SIDES

HOT BROCCOLI
APRICOTS
GRAPES

Friday, January 18

CHOOSE ONE:

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

SIDES

CUCUMBER PIECES
MIXED FRUIT
FRESH PEAR

Weekends Nights

Looking for a job with a family
feel and family-friendly hours?

The Food Service Department
is accepting applications for
substitutes.

Starting rate of \$9.75
an hour

Applications can be found at
www.jenhudfood.org

Monday, January 21

NATIONAL HANDWRITING WEEK
CHOOSE ONE:
 (W) BOSCO CHEESE STICKS WITH MEATLESS SAUCE
 OR
 (B) HAM & CHEESE ON BUN

SIDES

FRESH BROCCOLI
 TROPICAL FRUIT MIX
 GRAPES

Tuesday, January 22

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

SIDES

MASHED POTATOES
 APPLESAUCE
 RAISINS

Wednesday, January 23

CHOOSE ONE:
 (W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS
 OR
 (B) HAM & CHEESE ON BUN

SIDES

BABY CARROTS
 PEARS
 ORANGE WEDGES

Thursday, January 24

CHOOSE ONE:
 (W) CHICKEN FLOWER
 OR
 (B) HAM & CHEESE ON BUN

SIDES

BEAN SALAD
 PEACHES
 BANANA

Friday, January 25

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

SIDES

CELERY
 PINEAPPLE
 APPLE

Monday, January 28

NATIONAL PUZZLE WEEK
CHOOSE ONE:
 (W) FISH TREASURES (4) WITH GOLDFISH GRAHAM CRACKER
 OR
 (B) CHEESE PIZZA

SIDES

BABY CARROTS
 PEACHES
 FRESH APPLE

Tuesday, January 29

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

SIDES

CORN
 APRICOTS
 FRESH PEAR
 FREE FINGER PUPPET

Wednesday, January 30

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

SIDES

BAKED BEANS
 MIXED FRUIT
 BANANA

Thursday, January 31

CHOOSE ONE:
 (W) SOFT SHELL TACO
 OR
 (B) CHEESE PIZZA

SIDES

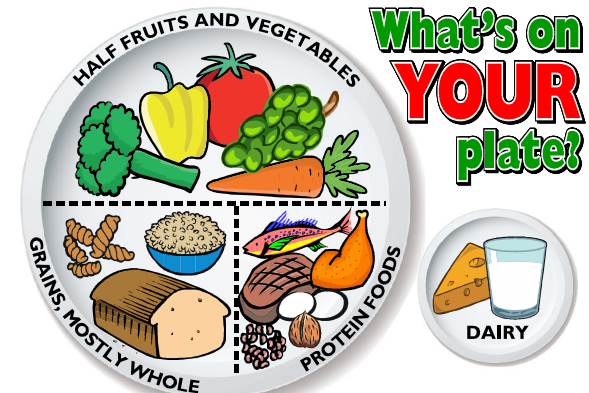
LETTUCE
 PEARS
 ORANGE WEDGES

Friday, February 1

WILL PHIL SEE HIS SHADOW TOMORROW?
CHOOSE ONE:
 (W) GRILLED CHICKEN PATTY ON BUN
 OR
 (B) CHEESE PIZZA

SIDES

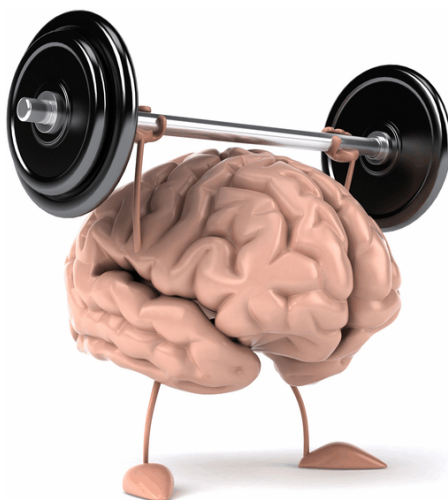
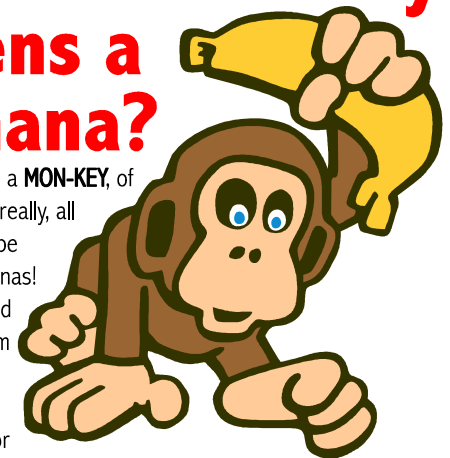
GREEN BEANS
 APPLE SLICES WITH CINNAMON
 GRAPES



What kind of key opens a banana?

It's obvious -- a MON-KEY, of course! But, really, all of us should be opening bananas! They're loaded with potassium and lots of other stuff that's good for us. And we're not monkeying around about that!

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



PUMP IT UP!

Kids give their brains a workout at school every day. And research shows that kids who regularly eat balanced, nutritious meals do better in class and score better on tests. So **PUMP IT UP!**

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 lunchactinfo@hpseagles.net

NUTRITION TO GO

A lot of kids don't get enough calcium, and milk is an excellent source of this much-needed nutrient. But milk can also be loaded with saturated fat. To get all of the calcium and hardly any of the artery-clogging fat, choose 1% or fat-free milk. That's a simple way to cut fat out of your family's diet!

A TASTY MORSEL FOR PARENTS