

# Menus for April 2013

**Hudsonville Elementary and  
Hudsonville Christian**

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ON THE DAY IN APRIL 1861 THAT THE FIRST SHOTS OF THE CIVIL WAR WERE FIRED, A WATCHMAKER REPAIRING PRESIDENT LINCOLN'S POCKET WATCH SCRATCHED A MESSAGE ON THE INSIDE OF THE TIMEPIECE: "FORT SUMTER WAS ATTACKED . . . THANK GOD WE HAVE A GOVERNMENT." **LINCOLN NEVER KNEW** THE MESSAGE WAS IN HIS POCKET, AND NO ONE EVER SAW IT UNTIL THE SMITHSONIAN MUSEUM OPENED THE WATCH IN 2009 -- **NEARLY 150 YEARS LATER!**



## STRANGE BUT TRUE!

**SPRING BREAK!**

Break begins at the end of classes:  
**Thursday, March 28**

Classes resume:  
**Monday, April 8**

**Monday, April 8**

**WELCOME BACK!  
CHOOSE ONE:**  
(W) CHEESE  
PIZZADILLA  
OR  
(B) CHICKEN  
NUGGETS

SIDES

CELERY  
PEARS  
GRAPES

**Tuesday, April 9**

**CHOOSE ONE:**  
(W) MAC AND MEAT  
OR  
(B) CHICKEN  
NUGGETS

SIDES

FRESH BROCCOLI  
APPLE SLICES WITH  
CINNAMON  
BANANA

**Wednesday, April 10**

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

SIDES

PEAS  
TROPICAL FRUIT MIX  
FRESH APPLE

**Thursday, April 11**

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

SIDES

TOMATO SOUP  
PEACHES  
ORANGE WEDGES

**Friday, April 12**

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

SIDES

BAKED BEANS  
APRICOTS  
FRESH PEAR

### 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**

**Monday, April 15**

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

SIDES

CUCUMBERS  
100% APPLE FRUIT  
JUICE  
GRAPES

**Tuesday, April 16**

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

SIDES

MASHED POTATOES  
APPLESAUCE  
ORANGE WEDGES

**Wednesday, April 17**

**CHOOSE ONE:**  
(W) BOSCO  
CHEESESTICKS (2)  
WITH MEATLESS  
SAUCE  
OR  
(B) HAM & CHEESE  
ON BUN

SIDES

FRESH SPINACH  
MIXED FRUIT  
BANANA

**Thursday, April 18**

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

SIDES

BEAN SALAD  
PINEAPPLE  
FRESH APPLE

**Friday, April 19**

**CHOOSE ONE:**  
(W) CHICKEN FLOWER  
WITH GOLDFISH  
GRAHAM CRACKER  
OR  
(B) HAM & CHEESE  
ON BUN

SIDES

GREEN BEANS  
TROPICAL FRUIT MIX  
RAISINS

**Monday, April 22**

**EARTH DAY TODAY**  
**CHOOSE ONE:**  
 (W) TERIYAKI BEEF BIBBLERS (4) WITH ROLL  
 OR  
 (B) CHEESE PIZZA

**SIDES**

HOT BROCCOLI  
 PEARS  
 FRESH APPLE

**Tuesday, April 23**

**CHOOSE ONE:**  
 (W) BBQ CHICKEN ON BUN  
 OR  
 (B) CHEESE PIZZA

**SIDES**

BABY CARROTS  
 MIXED FRUIT  
 GRAPES

**Wednesday, April 24**

**CHOOSE ONE:**  
 (W) FISH TREASURES (4)  
 OR  
 (B) CHEESE PIZZA

**SIDES**

CORN  
 APPLE SLICES WITH CINNAMON  
 BANANA

**Thursday, April 25**

**CHOOSE ONE:**  
 (W) MACARONI AND CHEESE WITH ROLL  
 OR  
 (B) CHEESE PIZZA

**SIDES**

GREEN BEANS  
 PINEAPPLE  
 ORANGE WEDGES

**Friday, April 26**

**CHOOSE ONE:**  
 (W) GRILLED CHICKEN PATTY ON BUN  
 OR  
 (B) CHEESE PIZZA

**SIDES**

BAKED BEANS  
 APRICOTS  
 FRESH PEAR

**Monday, April 29**

**FLOWERS ARE BLOOMING!**  
**CHOOSE ONE:**  
 (W) PEPPERONI PIZZA BAGEL  
 OR  
 (B) CHEESEBURGER OR HAMBURGER ON BUN

**SIDES**

GARBANZO BEANS  
 PINEAPPLE  
 FRESH APPLE

**Tuesday, April 30**

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

**SIDES**

HOT BROCCOLI  
 PEARS  
 ORANGE WEDGES

**Wednesday, May 1**

**CHOOSE ONE:**  
 (W) TACO BOAT WITH GOLDFISH GRAHAM CRACKER  
 OR  
 (B) CHEESEBURGER OR HAMBURGER ON BUN

**SIDES**

GREEN BEANS  
 PEACHES  
 BANANA

**Thursday, May 2**

**CHOOSE ONE:**  
 (W) CHILI WITH MEAT AND BAKED SCOOPS  
 OR  
 (B) CHEESEBURGER OR HAMBURGER ON BUN

**SIDES**

MINI BAKED POTATO  
 MIXED FRUIT  
 GRAPES

**Friday, May 3**

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

**SIDES**

ROMAINE RIBBONS  
 MANDARIN  
 ORANGES  
 FRESH PEAR

**NUTRITION TO GO**

**"Coleslaw" comes from a Dutch phrase ("kool sla") that means cabbage salad. Cabbage has been shown to help prevent certain types of cancer, and it's also loaded with vitamin C. Cabbage is easy to grow and tolerates cold very well. That's probably why it's featured in a lot of northern dishes, like sauerkraut.**

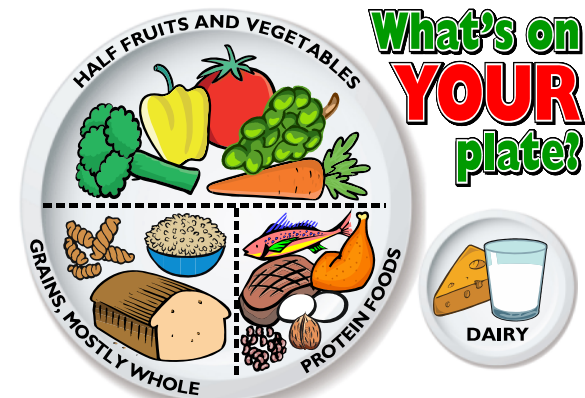
**A TASTY MORSEL FOR PARENTS**

## SECRET SALT SOURCES.

75% of the salt we consume comes from restaurants and processed foods. And it's not always easy to tell how much salt you're getting. That's why we're committed to meeting new standards for limiting sodium until we reach a maximum of 740 mg sodium per meal on average.



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



**100% Whole Grain goodness . . . in a delicious snack that we all love?!**

We often think of corn as a vegetable, but it's really a grain. And when you eat the whole kernel, corn is a whole-grain food. That makes popcorn a whole-grain snack! Oil and butter can add lots of calories, so try to stick to air-popped popcorn or cook your own and use just a tablespoon or two of canola oil. Popcorn



is also loaded with a super-important substance that you won't find much of in most snack foods. Do you know what it is? If not, use the hints below to fill in the five words going across in this puzzle. The answer will appear going up and down in the shaded boxes!

Settlers who learned about popcorn from the Indians

Container for popcorn

Type of oven for popping corn

Entertainment that goes with popcorn

Corn grows in a \_\_\_\_\_

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)