



HUDSONVILLE ELEMENTARY AND HUDSONVILLE CHRISTIAN

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IN AND OUT.

This year, we've made a lot of changes to make our meals even healthier for you -- offering more of the healthiest fruits and veggies, cutting sodium, adding even more whole grains, among other changes. But remember, the calories that go OUT are just as important as the ones you put IN: so make sure you exercise EVERY DAY!

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



May 13-17 is
Michigan Week.
We support
Michigan farms
and companies with
local purchases
whenever possible.

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.

Monday, May 6

**BE KIND TO
ANIMALS WEEK**
CHOOSE ONE:
(W) HONEY RIB
SANDWICH ON BUN
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES
BAKED BEANS
MIXED FRUIT
RAISINS

FREE MY PLATE PENCIL

Tuesday, May 7

**NATIONAL
TEACHER'S DAY**
CHOOSE ONE:
(W) TACO IN A BAG
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES
ROMAINE RIBBONS
PEACHES
FRESH APPLE

Wednesday, May 8

CHOOSE ONE:
(W) CHEESY GARLIC
FLATBREAD
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES
CALIFORNIA BLEND
VEGETABLES
APPLE SLICES WITH
CINNAMON
BANANA

Thursday, May 9

CHOOSE ONE:
(W) SLOPPY JOE
ON BUN
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES
MINI BAKED POTATO
PEARS
ORANGE WEDGES

Friday, May 10

CHOOSE ONE:
(W) FISH TREASURES
OR
(B) CHICKEN
NUGGETS WITH
BREAD

SIDES
FRESH BROCCOLI
APRICOTS
GRAPES

**SACK LUNCH FOR
SOUTH**

Monday, May 13

FROG JUMPING DAY
CHOOSE ONE:
(W) PEPPERONI PIZZA
BAGEL
OR
(B) TURKEY & CHEESE
ON BUN

SIDES
FRESH SPINACH
PINEAPPLE
FRESH APPLE

Tuesday, May 14

CHOOSE ONE:
(W) BOSCO
CHEESTICK WITH
MEATLESS SAUCE
OR
(B) TURKEY & CHEESE
ON BUN

SIDES
CUCUMBERS
MIXED FRUIT
GRAPES

Wednesday, May 15

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

SIDES
GREEN BEANS
TROPICAL FRUIT MIX
BANANA

Thursday, May 16

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

SIDES
MASHED POTATOES
APPLESAUCE
ORANGE WEDGES

Friday, May 17

CHOOSE ONE:
(W) FRENCH TOAST
WITH CHEESE OMELET
OR
(B) TURKEY & CHEESE
ON BUN

SIDES
GARBANZO BEANS
PEACHES
FRESH PEAR



Why is fish so easy to weigh?

Because it comes equipped with its **very own scales!** But seriously, fish is a nutritional heavyweight no matter how you measure it. Fish is a protein food with fewer calories and less saturated fat than other meat sources. Various studies have shown fish to improve heart health, fight cancer, reduce depression, and even improve your skin! Fish should be on your plate at least twice a week!



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

Monday, May 20
NATIONAL BIKE WEEK
 CHOOSE ONE:
 (W) HOT DOG ON BUN
 OR
 (B) CHEESE PIZZA

SIDES
 CELERY
 PEARS
 GRAPES

Tuesday, May 21
 CHOOSE ONE:
 (W) CHICKEN
 TERYAKI WITH RICE
 AND ROLL
 OR
 (B) CHEESE PIZZA

SIDES
 CORN
 PINEAPPLE
 FRESH APPLE
 FREE RAINBOW SMILE FACE

Wednesday, May 22
 CHOOSE ONE:
 (W) GRILLED
 CHICKEN PATTY ON
 BUN
 OR
 (B) CHEESE PIZZA

SIDES
 BAKED BEANS
 APPLE SLICES WITH
 CINNAMON
 BANANA

Thursday, May 23
 CHOOSE ONE:
 (W) SOFT SHELL TACO
 OR
 (B) CHEESE PIZZA

SIDES
 ROMAINE RIBBONS
 MIXED FRUIT
 ORANGE WEDGES

Friday, May 24
 CHOOSE ONE:
 (W) CHICKEN FAJITA
 WITH GOLDFISH
 GRAHAM
 OR
 (B) CHEESE PIZZA

SIDES
 ROMAINE RIBBONS
 APRICOTS
 RAISINS

Monday, May 27

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 28
YOU CAN PLANT VEGETABLES NOW
 CHOOSE ONE:
 (W) CORN DOG
 OR
 (B) CHEESEBURGER OR
 HAMBURGER ON BUN

SIDES
 BEAN SALAD
 PEARS
 GRAPES

Wednesday, May 29
 CHOOSE ONE:
 (W) HAM CHEF SALAD
 WITH ROLL
 OR
 (B) CHEESEBURGER OR
 HAMBURGER ON BUN

SIDES
 ROMAINE RIBBONS
 MANDARIN
 ORANGES
 BANANA

Thursday, May 30
 CHOOSE ONE:
 (W) CHICKEN
 NOODLE AND RICE
 SOUP WITH MINI
 BOSCO
 OR
 (B) CHEESEBURGER OR
 HAMBURGER ON BUN

SIDES
 PEAS
 TROPICAL FRUIT MIX
 ORANGE WEDGES

Friday, May 31
 CHOOSE ONE:
 (W) SAUSAGE PIZZA
 OR
 (B) CHEESEBURGER OR
 HAMBURGER ON BUN

SIDES
 GREEN BEANS
 PINEAPPLE
 FRESH PEAR

Monday, June 3
LAST WEEK OF SCHOOL
 CHOOSE ONE:
 (W) FISH TREASURES
 OR
 (B) CHICKEN
 NUGGETS WITH
 BREAD

SIDES
 ROMAINE RIBBONS
 APRICOTS
 GRAPES

Tuesday, June 4
 CHOOSE ONE:
 (W) TACO BOAT
 OR
 (B) CHICKEN
 NUGGETS WITH
 BREAD

SIDES
 CORN
 PEACHES
 FRESH APPLE

Wednesday, June 5
 CHOOSE ONE:
 (W) CHEESY GARLIC
 FLATBREAD
 OR
 (B) CHICKEN
 NUGGETS WITH
 BREAD

SIDES
 CALIFORNIA BLEND
 VEGETABLES
 APPLE SLICES WITH
 CINNAMON
 BANANA

Thursday, June 6
 CHOOSE ONE:
 (W) BEEF NIBBLERS WITH
 GOLDFISH GRAHAM
 OR
 (B) CHICKEN NUGGETS
 WITH BREAD

SIDES
 BABY CARROTS
 PEARS
 ASSORTED FRESH FRUIT

SACK LUNCH FOR ALWARD
NO LUNCH FOR FOREST GROVE PARK

DON'T 4 GET!
 ... to have a
GREAT SUMMER!
 We'll be ready for all
 returning students next
 year with more delicious,
 healthful meals for you!