

# MENUS FOR OCTOBER 2013

**Hudsonville  
Elementary and  
Hudsonville  
Christian**

*This institution is an  
equal opportunity  
provider and employer.*



## 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](http://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](http://WWW.SENDMONEYTOSCHOOL.COM)  
THERE IS A \$2.00 FEE  
FOR THIS SERVICE.

First things First

**BREAKFAST  
@SCHOOL**

**For first-class learning!**

**Monday, Sept. 30**

**COMPUTER  
LEARNING MONTH  
CHOOSE ONE:**  
(W) BBQ CHICKEN CHIPS (6)  
OR  
(B) CHEESEBURGER OR  
HAMBURGER ON BUN

### SIDES

CELERY

PEACHES

FARM FRESH APPLE

**Tuesday, October 1**

**CHOOSE ONE:**  
(W) CORN DOG  
OR  
(B) CHEESEBURGER OR  
HAMBURGER ON BUN

### SIDES

BEAN SALAD

PEARS

GRAPES

**Wed., October 2**

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

### SIDES

ROMAINE RIBBONS

MANDARIN ORANGES

BANANA

**Thursday, October 3**

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

### SIDES

PEAS

TROPICAL FRUIT MIX

ORANGE WEDGES

**Friday, October 4**

**CHOOSE ONE:**  
(W) SAUSAGE PIZZA  
OR  
(B) CHEESEBURGER OR  
HAMBURGER ON BUN

### SIDES

GREEN BEANS

PINEAPPLE

FRESH PEAR

**NUTRITION TO GO**

Broccoli is one of the most healthful foods you can eat. By weight, steamed broccoli has more vitamin C than an orange and as much calcium as milk. It's also a good source of fiber and is high in beta-carotene, a cancer-fighting substance. Broccoli retains more nutrients (and smells better, too!) when it is not overcooked.



**A TASTY MORSEL FOR PARENTS**

## THROW THE SWITCH.

After hours without food,  
a good breakfast of fruit,  
lowfat dairy, whole grains,  
and lean protein gets you  
fired up for action again.  
And if you skip breakfast  
or eat just fat and sugar?  
Then your mind and body  
will stay in the dark all day.



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

**Monday, October 7**

**FIRE PREVENTION  
WEEK- STAY SAFE!  
CHOOSE ONE:**  
(W) HONEY RIB SANDWICH  
ON BUN  
OR  
(B) CHICKEN NUGGETS  
WITH BREAD

### SIDES

BAKED BEANS

MIXED FRUIT

RAISINS

**Tuesday, October 8**

**CHOOSE ONE:**  
(W) SOFT SHELL TACO  
OR  
(B) CHICKEN NUGGETS  
WITH BREAD

### SIDES

ROMAINE RIBBONS

PEACHES

FARM FRESH APPLE

**Wed., October 9**

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

### SIDES

FRESH BROCCOLI

APPLE SLICES WITH CINNAMON

BANANA

**Thursday, October 10**

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

### SIDES

MINI BAKED POTATO

PEARS

ORANGE WEDGES

**Friday, October 11**

**CHOOSE ONE:**  
(W) FISH TREASURES (5)  
OR  
(B) CHICKEN NUGGETS  
WITH BREAD

### SIDES

CALIFORNIA BLEND VEGETABLES

APRIKOTS

GRAPES

**Monday, October 14**

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

SIDES

FRESH SPINACH

PINEAPPLE

FARM FRESH APPLE

**Columbus Day**

**Tuesday, October 15**

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

SIDES

CUCUMBER

MIXED FRUIT

GRAPES

**Wed., October 16**

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

SIDES

GREEN BEANS

TROPICAL FRUIT MIX

BANANA

FREE MINI CHALKBOARD

**Thursday, October 17**

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

SIDES

MASHED POTATOES

APPLESAUCE

ORANGE WEDGES

**Friday, October 18**

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

SIDES

GARBANZO BEANS

PEACHES

FRESH PEAR



**Monday, October 21**

**COUNT YOUR BUTTONS DAY**  
**CHOOSE ONE:**  
(W) HOT DOG ON BUN  
OR  
(B) CHEESE PIZZA

SIDES

CELERY

PEARS

GRAPES

**Tuesday, October 22**

**CHOOSE ONE:**  
(W) CHICKEN TERIYAKI WITH  
RICE AND ROLL  
OR  
(B) CHEESE PIZZA

SIDES

CORN

PINEAPPLE

FARM FRESH APPLE

**Wed., October 23**

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

SIDES

BAKED BEANS

APPLE SLICES WITH CINNAMON

BANANA

**Thursday, October 24**

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

SIDES

PRINCE CHARLES VEGETABLES

MIXED FRUIT

ORANGE WEDGES

FREE PENCIL

**No lunch for Hud Chr.**

**Friday, October 25**

**CHOOSE ONE:**  
(W) CHICKEN FAJITA WITH  
GOLDFISH GRAHAM  
OR  
(B) CHEESE PIZZA

SIDES

ROMAINE RIBBONS

APRICOTS

RAISINS

**No lunch for Hud. Chr.**



**Monday, October 28**

**HAPPY 127TH BIRTHDAY STATUE OF LIBERTY!**  
**CHOOSE ONE:**  
(W) CORN DOG  
OR  
(B) CHICKEN NUGGETS WITH BREAD

SIDES

PEAS

TROPICAL FRUIT MIX

FARM FRESH APPLE

**Tuesday, October 29**

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

SIDES

FRESH BROCCOLI

APPLE SLICES WITH CINNAMON

BANANA

**Wed., October 30**

**CHOOSE ONE:**  
(W) CHEESE PIZZADILLA  
OR  
(B) CHICKEN NUGGETS WITH BREAD

SIDES

CELERY

PEACHES

GRAPES

**Thursday, October 31**

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

SIDES

TOMATO SOUP

PEARS

ORANGE WEDGES

## this month: olives

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take olives, for instance. If you're a kid, chances are that



you won't touch them. And no wonder -- they have a strong flavor and are also quite salty. But some grocery stores sell dozens of different kinds. **SOMEbody** must be eating all those olives. Guess who? **ADULTS!**

