

**Hudsonville Elementary
And Hudsonville Christian**

MENUS FOR MARCH 2014

*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

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

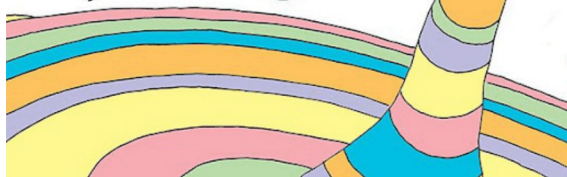
ONLINE DEPOSITS CAN
BE MADE AT
WWW.SENDMONEYTOSCHOOL.COM
THERE IS A \$2.00 FEE
FOR THIS SERVICE.

A Note from the Food Service Director

*To learn more about
Superpower Vegetables and
Nature's Candy, go to:*

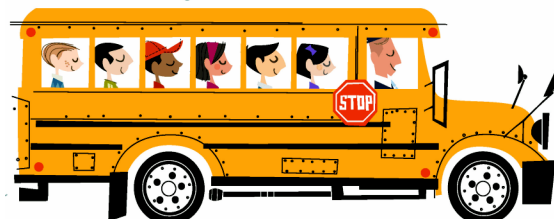
WWW.JUMPWITHJILL.COM

*Oh, the Places
You'll
Go!*
By
Dr. Seuss



March 3 is
"Read Across America" Day

take
time for **SCHOOL BREAKFAST**



**Join us for National
School Breakfast Week
March 3-7, 2014**

Monday, March 3

**NATIONAL ANTHEM
DAY**

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
GREEN BEANS
NATURE'S CANDY
PEACHES
FARM FRESH APPLE

Tuesday, March 4

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
FRESH BROCCOLI
NATURE'S CANDY
PEARS
ORANGES WEDGES

Wednesday, March 5

ASH WEDNESDAY

CHOOSE ONE:
(W) CHEESY GARLIC
FLATBREAD
OR
(B) CHEESEBURGER
OR HAMBURGER
ON BUN

**SUPERPOWER
VEGETABLES**
BABY CARROTS
GARBANZO BEANS
NATURE'S CANDY
PINEAPPLE
BANANA

Thursday, March 6

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
MINI BAKED POTATO
NATURE'S CANDY
MIXED FRUIT
GRAPE\$

Friday, March 7

CHOOSE ONE:
(W) FISH TREASURES
OR
(B) CHEESEBURGER
OR HAMBURGER
ON BUN

**SUPERPOWER
VEGETABLES**
BABY CARROTS
CELERY
NATURE'S CANDY
APPLE SLICES WITH
CINNAMON
FRESH PEAR

Monday, March 10

**DID YOU "SPRING"
AHEAD?**

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
PEAS
NATURE'S CANDY
TROPICAL FRUIT MIX
FARM FRESH APPLE

Tuesday, March 11

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
HOT BROCCOLI
NATURE'S CANDY
APPLE SLICES WITH
CINNAMON
BANANA

Wednesday, March 12

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
BAKED BEANS
NATURE'S CANDY
APRICOTS
FRESH PEAR

FREE ROCKSTAR KEY CHAIN

Thursday, March 13

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
TOMATO SOUP
NATURE'S CANDY
PEACHES
ORANGE WEDGES

Friday, March 14

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

**SUPERPOWER
VEGETABLES**
BABY CARROTS
CELERY
NATURE'S CANDY
PEARS
GRAPE\$

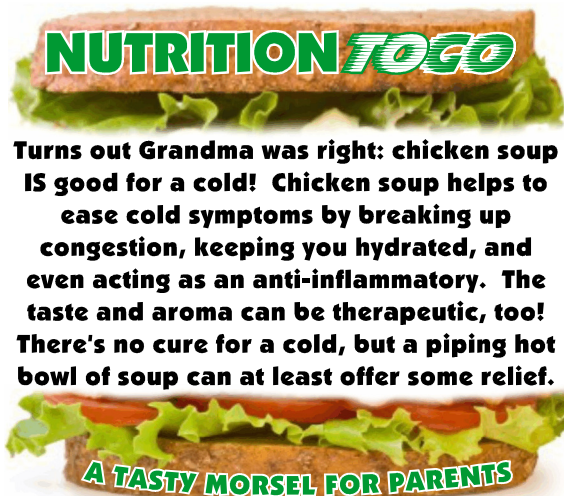


What did the Teddy Bear say when he was offered dessert?



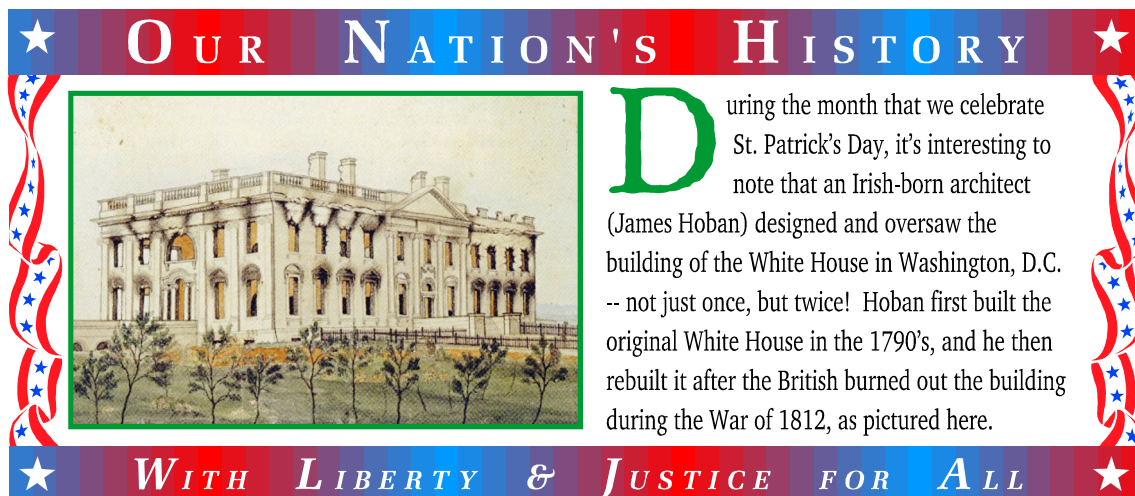
"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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



Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

Monday, March 17	Tuesday, March 18	Wednesday, March 19	Thursday, March 20	Friday, March 21
ST. PATRICK'S DAY CHOOSE ONE: (W) TEXAS CINNAMON TOAST WITH SCRAMBLED EGGS OR (B) HAM & CHEESE ON BUN <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CUCUMBERS NATURE'S CANDY 100% APPLE FRUIT JUICE GRAPE\$	CHOOSE ONE: (W) TURKEY GRAVY WITH ROLL OR (B) HAM & CHEESE ON BUN <u>SUPERPOWER VEGETABLES</u> BABY CARROTS MASHED POTATOES NATURE'S CANDY APPLE\$AUCE ORANGE WEDGES	CHOOSE ONE: (W) PEPPERONI PIZZA BAGEL OR (B) HAM & CHEESE ON BUN <u>SUPERPOWER VEGETABLES</u> BABY CARROTS BEAN SALAD NATURE'S CANDY PINEAPPLE BANANA FREE NOTE PAD	CHOOSE ONE: (W) CHICKEN TENDERS WITH GOLDFISH GRAHAMS OR (B) HAM & CHEESE ON BUN <u>SUPERPOWER VEGETABLES</u> BABY CARROTS GREEN BEANS NATURE'S CANDY TROPICAL FRUIT MIX RAISINS	CHOOSE ONE: (W) BOSCO CHEESESTICKS (2) WITH MEATLESS SAUCE OR (B) HAM & CHEESE ON BUN <u>SUPERPOWER VEGETABLES</u> BABY CARROTS FRESH SPINACH NATURE'S CANDY MIXED FRUIT FARM FRESH APPLE
Monday, March 24	Tuesday, March 25	Wednesday, March 26	Thursday, March 27	Friday, March 28
LOOK FOR A ROBIN WEEK CHOOSE ONE: (W) TERIYAKI BEEF NIBBLERS WITH ROLL OR (B) CHEESE PIZZA <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CORN NATURE'S CANDY PEARS FARM FRESH APPLE	CHOOSE ONE: (W) BBQ CHICKEN ON BUN OR (B) CHEESE PIZZA <u>SUPERPOWER VEGETABLES</u> BABY CARROTS BABY CARROTS NATURE'S CANDY MIXED FRUIT GRAPE\$ FREE FINGER PUPPET	CHOOSE ONE: (W) HAM CHEF WITH ROLL OR (B) CHEESE PIZZA <u>SUPERPOWER VEGETABLES</u> BABY CARROTS ROMAINE LETTUCE NATURE'S CANDY MANDARIN ORANGES BANANA	CHOOSE ONE: (W) MAC AND CHEESE WITH ROLL OR (B) CHEESE PIZZA <u>SUPERPOWER VEGETABLES</u> BABY CARROTS GREEN BEANS NATURE'S CANDY PINEAPPLE ORANGE WEDGES	CHOOSE ONE: (W) GRILLED CHICKEN PATTY ON BUN OR (B) CHEESE PIZZA <u>SUPERPOWER VEGETABLES</u> BABY CARROTS BAKED BEANS NATURE'S CANDY APRICOTS FRESH PEAR



During the month that we celebrate St. Patrick's Day, it's interesting to note that an Irish-born architect (James Hoban) designed and oversaw the building of the White House in Washington, D.C. -- not just once, but twice! Hoban first built the original White House in the 1790's, and he then rebuilt it after the British burned out the building during the War of 1812, as pictured here.