

# Menus for April 2014

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.



## WORLD'S GREATEST APRIL FOOL'S TRICKS!



**O**n the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?!* NO!!! A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words "*APRIL FOOL*" stomped out in the snow!

### Monday, March 31

#### GET READY FOR SPRING BREAK!

CHOOSE ONE:  
(W) CHICKEN TENDERS WITH GOLDFISH GRAHAM OR  
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES  
BABY CARROTS  
PEAS

NATURE'S CANDY  
PEACHES  
FARM FRESH APPLE

### Tuesday, April 1

CHOOSE ONE:  
(W) PICKLED PIGS FEET WITH CORNBREAD OR  
(B) WORMS ON BUN

SUPERPOWER VEGETABLES  
BRUSSEL SPROUTS  
TURNIPS

(APRIL FOOLS!)  
(W) CORN DOG  
(B) CHEESEBURGER OR HAMBURGER ON BUN  
BEAN SALAD, PEARS, GRAPES

### Wednesday, April 2

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

SUPERPOWER VEGETABLES  
BABY CARROTS  
ROMAINE RIBBONS

NATURE'S CANDY  
MANDARIN ORANGES  
BANANA

### Thursday, April 3

#### FIND A RAINBOW DAY

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

SUPERPOWER VEGETABLES  
BABY CARROTS  
GREEN BEANS

NATURE'S CANDY  
PINEAPPLE  
FRESH PEAR

Now Appeazing . . .

# SPRING BREAK!

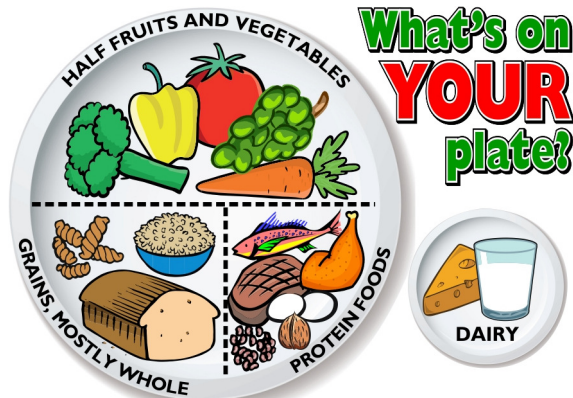
A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Thursday, April 3

Classes resume:

Monday, April 14



## IMPORTANT NEWS FOR PARENTS: Kids are choosing -- and eating -- more fruits and veggies for lunch at school!

Over the last two school years, we've been putting more fruits and veggies on kids' plates for school lunch. You may recall seeing the **"DON'T4GET!"** campaign we're using to promote the new guidelines for our meals, which (among other changes)

### DON'T4GET!



... and at least **THREE** of the five items total so your meal counts as a complete lunch!



require kids to take at least one -- and preferably more than one -- fruit or veggie with each day's lunch. Well, **the changes appear to be working!** A new study published in the *American Journal of Preventive Medicine* found that **76% of kids selected fruit for lunch** (compared to 52.7% before the change) and **41% of kids included a vegetable choice** (compared to 24.9% before). Best of all, the study found no corresponding increase in food being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. **At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!**

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)

<b>Monday, April 14</b> <b>LIBRARY WEEK</b> <b>CHOOSE ONE:</b> (W) HONEY RIB SANDWICH ON BUN OR (B) CHICKEN NUGGETS WITH BREAD  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS BAKED BEANS  <u>NATURE'S CANDY</u> MIXED FRUIT RAISINS	<b>Tuesday, April 15</b> <b>CHOOSE ONE:</b> (W) SOFT SHELL TACO OR (B) CHICKEN NUGGETS WITH BREAD  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS ROMAINE RIBBONS  <u>NATURE'S CANDY</u> PEACHES FARM FRESH APPLE	<b>Wednesday, April 16</b> <b>CHOOSE ONE:</b> (W) CHEESY GARLIC FLATBREAD OR (B) CHICKEN NUGGETS WITH BREAD  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CUCUMBERS  <u>NATURE'S CANDY</u> APPLE SLICES WITH CINNAMON BANANA	<b>Thursday, April 17</b> <b>CHOOSE ONE:</b> (W) SLOPPY JOE ON BUN OR (B) CHICKEN NUGGETS WITH BREAD  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS MINI BAKED POTATO  <u>NATURE'S CANDY</u> PEARS ORANGE WEDGES  FREE ANIMAL BRACELET	<b>Friday, April 18</b> <b>CHOOSE ONE:</b> (W) FISH TREASURES OR (B) CHICKEN NUGGETS WITH BREAD  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS FRESH BROCCOLI  <u>NATURE'S CANDY</u> APRICOTS GRAPES
<b>Monday, April 21</b> <b>NATIONAL VOLUNTEER WEEK</b> <b>CHOOSE ONE:</b> (W) PEPPERONI PIZZA BAGEL OR (B) TURKEY & CHEESE ON BUN  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS FRESH SPINACH  <u>NATURE'S CANDY</u> PINEAPPLE FARM FRESH APPLE	<b>Tuesday, April 22</b> <b>EARTH DAY</b> <b>CHOOSE ONE:</b> (W) BOSCO CHEESESTICKS WITH MEATLESS SAUCE OR (B) TURKEY & CHEESE ON BUN  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CUCUMBERS  <u>NATURE'S CANDY</u> MIXED FRUIT GRAPES	<b>Wednesday, April 23</b> <b>CHOOSE ONE:</b> (W) CHICKEN TENDERS WITH GOLDFISH GRAHAM OR (B) TURKEY & CHEESE ON BUN  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS GREEN BEANS  <u>NATURE'S CANDY</u> TROPICAL FRUIT MIX BANANA	<b>Thursday, April 24</b> <b>CHOOSE ONE:</b> (W) TURKEY GRAVY WITH ROLL OR (B) TURKEY & CHEESE ON BUN  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS MASHED POTATOES  <u>NATURE'S CANDY</u> APPLESauce ORANGE WEDGES	<b>Friday, April 25</b> <b>CHOOSE ONE:</b> (W) TEXAS CINNAMON TOAST WITH CHEESE OMELET OR (B) TURKEY & CHEESE ON BUN  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS GARBANZO BEANS  <u>NATURE'S CANDY</u> PEACHES FRESH PEAR
<b>Monday, April 28</b> <b>NATIONAL PARK WEEK</b> <b>CHOOSE ONE:</b> (W) HOT DOG ON BUN OR (B) CHEESE PIZZA  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CELERY  <u>NATURE'S CANDY</u> PEARS GRAPES	<b>Tuesday, April 29</b> <b>YOSEMITE</b> <b>CHOOSE ONE:</b> (W) CHICKEN TERIYAKI WITH RICE AND ROLL OR (B) CHEESE PIZZA  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS CORN  <u>NATURE'S CANDY</u> PINEAPPLE FARM FRESH APPLE	<b>Wednesday, April 30</b> <b>SLEEPING BEAR DUNES</b> <b>CHOOSE ONE:</b> (W) GRILLED CHICKEN PATTY ON BUN OR (B) CHEESE PIZZA  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS BAKED BEANS  <u>NATURE'S CANDY</u> APPLE SLICES WITH CINNAMON BANANA	<b>Thursday, May 1</b> <b>YELLOWSTONE</b> <b>CHOOSE ONE:</b> (W) BBQ PORK ON BUN OR (B) CHEESE PIZZA  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS PRINCE CHARLES VEGETABLES  <u>NATURE'S CANDY</u> MIXED FRUIT ORANGE WEDGES  FREE HEALTHY KIDS COOKBOOK	<b>Friday, May 2</b> <b>GRAND CANYON</b> <b>CHOOSE ONE:</b> (W) CHICKEN FAJITA WITH GOLDFISH GRAHAM OR (B) CHEESE PIZZA  <u>SUPERPOWER VEGETABLES</u> BABY CARROTS ROMAINE RIBBONS  <u>NATURE'S CANDY</u> APRICOTS RAISINS