

Menus for February 2014



This institution is an equal opportunity provider and employer.



Hudsonville Elementary and Hudsonville Christian

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, February 3
 OLYMPIC OPENING WEEK
 SUPPORT TEAM USA!
No Lunch Today

 See you tomorrow!

Tuesday, February 4
 CHOOSE ONE:
 (W) CORN DOG OR
 (B) CHEESEBURGER OR HAMBURGER ON BUN
SUPERPOWER VEGETABLES
 BABY CARROTS
 BEAN SALAD
NATURE'S CANDY
 PEARS
 GRAPES

Wednesday, February 5
 CHOOSE ONE:
 (W) HAM CHEF WITH ROLL OR
 (B) CHEESEBURGER OR HAMBURGER ON BUN
SUPERPOWER VEGETABLES
 ROMAINE RIBBONS
 BABY CARROTS
NATURE'S CANDY
 MANDARIN ORANGES
 BANANA

Thursday, February 6
 CHOOSE ONE:
 (W) CHICKEN NOODLE AND RICE SOUP WITH MINI BOSCO OR
 (B) CHEESEBURGER OR HAMBURGER ON BUN
SUPERPOWER VEGETABLES
 CELERY
 BABY CARROTS
 NATURE'S CANDY
 TROPICAL FRUIT MIX
 ORANGE WEDGES

Friday, February 7
 OLYMPIC OPENING CEREMONIES TONIGHT
 CHOOSE ONE:
 (W) SAUSAGE PIZZA OR
 (B) CHEESEBURGER OR HAMBURGER ON BUN
SUPERPOWER VEGETABLES
 GREEN BEANS
 BABY CARROTS
NATURE'S CANDY
 PINEAPPLE
 FRESH PEAR
 FREE GOLD MEDAL

Monday, February 10
 WINTER SPORTS WEEK
 CHOOSE ONE:
 (W) HONEY RIB SANDWICH ON BUN OR
 (B) CHICKEN NUGGETS WITH BREAD
SUPERPOWER VEGETABLES
 BAKED BEANS
 BABY CARROTS
NATURE'S CANDY
 MIXED FRUIT
 RAISINS
 NO LUNCH FOR HUD. CHRISTIAN

Tuesday, February 11
 LUGE
 CHOOSE ONE:
 (W) SOFT SHELL TACO OR
 (B) CHICKEN NUGGETS WITH BREAD
SUPERPOWER VEGETABLES
 ROMAINE RIBBONS
 BABY CARROTS
NATURE'S CANDY
 PEACHES
 FARM FRESH APPLE

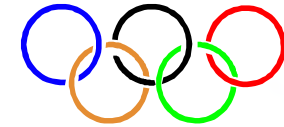
Wednesday, February 12
 BIATHLON
 CHOOSE ONE:
 (W) CHEESY GARLIC FLATBREAD OR
 (B) CHICKEN NUGGETS WITH BREAD
SUPERPOWER VEGETABLES
 CUCUMBERS
 BABY CARROTS
NATURE'S CANDY
 APPLE SLICES WITH CINNAMON
 BANANA

Thursday, February 13
 HOCKEY
 CHOOSE ONE:
 (W) SLOPPY JOE ON BUN OR
 (B) CHICKEN NUGGETS WITH BREAD
SUPERPOWER VEGETABLES
 MINI BAKED POTATO
 BABY CARROTS
NATURE'S CANDY
 PEARS
 ORANGE WEDGES
 FREE 100TH DAY GIVEAWAY

Friday, February 14
 HAPPY VALENTINE'S DAY
 CHOOSE ONE:
 (W) FISH TREASURES OR
 (B) CHICKEN NUGGETS WITH BREAD
SUPERPOWER VEGETABLES
 FRESH BROCCOLI
 BABY CARROTS
NATURE'S CANDY
 APRICOTS
 GRAPES

PORTRAITS OF SPECTACULAR Athletes

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.



Winter Olympics
 February 7-23
 Sochi, Russia

ELANA MEYERS



Swans are one of the few animals that will mate for life!
 Happy Valentine's Day!



Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called “capsaicin” that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you’re done eating!



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

Monday, February 17

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

SUPERPOWER VEGETABLES
FRESH SPINACH
BABY CARROTS

NATURE'S CANDY
PINEAPPLE
FARM FRESH APPLE

Tuesday, February 18

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

SUPERPOWER VEGETABLES
CUCUMBER
BABY CARROTS
NATURE'S CANDY
MIXED FRUIT
GRAPES

Wednesday, February 19

SKI JUMPING
CHOOSE ONE:
(W) CHICKEN TENDERS WITH GOLDFISH GRAHAM
OR
(B) TURKEY & CHEESE ON BUN

SUPERPOWER VEGETABLES
GREEN BEANS
BABY CARROTS
NATURE'S CANDY
TROPICAL FRUIT MIX
BANANA

Thursday, February 20

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

SUPERPOWER VEGETABLES
MASHED POTATOES
BABY CARROTS

NATURE'S CANDY
APPLESAUCE
ORANGE WEDGES

Friday, February 21

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

SUPERPOWER VEGETABLES
CARBANZO BEANS
BABY CARROTS
NATURE'S CANDY
PEACHES
FRESH PEAR

Monday, February 24

TRY A NEW GAME WEEK

CHOOSE ONE:
(W) HOT DOG ON BUN
OR
(B) CHEESE PIZZA

SUPERPOWER VEGETABLES
CELERY
BABY CARROTS

NATURE'S CANDY
PEARS
GRAPES

Tuesday, February 25

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

SUPERPOWER VEGETABLES
CORN
BABY CARROTS

NATURE'S CANDY
PINEAPPLE
FARM FRESH APPLE

Wednesday, February 26

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

SUPERPOWER VEGETABLES
BAKED BEANS
BABY CARROTS

NATURE'S CANDY
APPLE SLICES WITH CINNAMON
BANANA

Thursday, February 27

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

SUPERPOWER VEGETABLES
PRINCE CHARLES VEGTABLES
BABY CARROTS
NATURE'S CANDY
MIXED FRUIT
ORANGE WEDGES

FREE PICK 3 ERASER

Friday, February 28

No Lunch Today



See you next week!

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

-  **1** Wash your hands frequently.
-  **2** Cover up when you sneeze or cough.
-  **3** If you do get sick, stay home.

NUTRITION TO GO



Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A TASTY MORSEL FOR PARENTS

sMOOch!



Every complete meal we serve comes with your choice of milk!