

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

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.

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

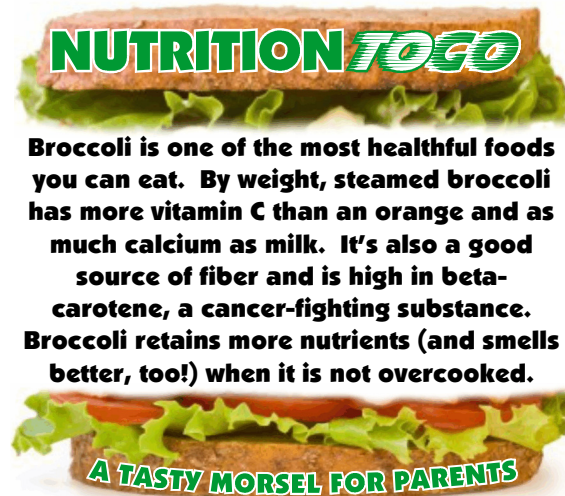
SIDES

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.

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

SCHOOL LUNCH
ACROSS THE USA

KIDS! JOIN US IN CELEBRATING NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2013

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.

OCTOBER

The name "October" comes from the Latin word for "eight" – but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.

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!