

**Hudsonville
Elementary
And
Hudsonville
Christian
Elementary**



Menus for October 2014

USDA 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 - \$2.25 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.**



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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

Monday, September 29

EAT BETTER, EAT TOGETHER WEEK
CHOOSE ONE:
(W) CHICKEN TENDERS
(4) WITH GOLDFISH GRAHAM OR
(B) CHEESEBURGER OR HAMBURGER ON BUN

SUPERPOWER VEGETABLES
PEAS
BABY CARROTS

NATURE'S CANDY
PEACHES
FARM FRESH APPLE

Tuesday, September 30

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

SUPERPOWER VEGETABLES
BEAN SALAD
BABY CARROTS

NATURE'S CANDY
PEARS
GRAPES

Wednesday, October 1

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, October 2

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

SUPERPOWER VEGETABLES
CELERY
BABY CARROTS

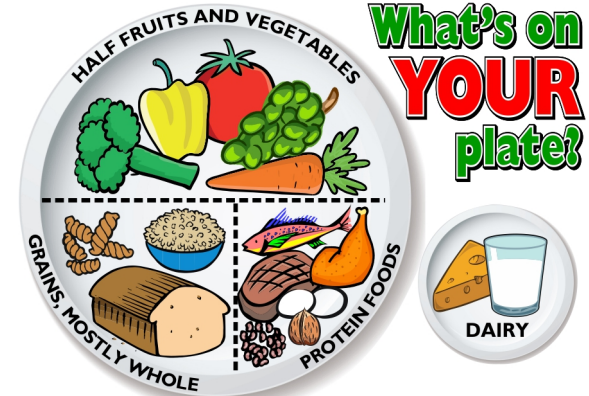
NATURE'S CANDY
TROPICAL FRUIT MIX
ORANGE WEDGES

Friday, October 3

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

SUPERPOWER VEGETABLES
GREEN BEANS
BABY CARROTS

NATURE'S CANDY
PINEAPPLE
FRESH PEAR



**What's orange, sweet,
AND good for you?**

Monday, October 6

FIRE PREVENTION 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

Tuesday, October 7

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, October 8

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

SUPERPOWER VEGETABLES
CUCUMBERS
BABY CARROTS

NATURE'S CANDY
APPLE SLICES WITH CINNAMON
BANANA

Thursday, October 9

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

Friday, October 10

CHOOSE ONE:
(W) FISH TREASURES (4)
OR
(B) CHICKEN NUGGETS WITH BREAD

SUPERPOWER VEGETABLES
FRESH BROCCOLI
BABY CARROTS

NATURE'S CANDY
APRICOTS
GRAPES

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



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



Monday, October 13
NATIONAL SCHOOL LUNCH WEEK
CHOOSE ONE:
 (W) PEPPERONI PIZZA BAGEL
 OR
 (B) TURKEY & CHEESE ON BUN
 SUPERPOWER VEGETABLES
 FRESH SPINACH
 BABY CARROTS
 NATURE'S CANDY
 PINEAPPLE & APPLE
 Columbus Day

Tuesday, October 14
CHOOSE ONE:
 (W) BOSCO CHEESESTICKS (2) WITH MEATLESS SAUCE
 OR
 (B) TURKEY & CHEESE ON BUN
 SUPERPOWER VEGETABLES
 CUCUMBERS
 BABY CARROTS
 NATURE'S CANDY
 MIXED FRUIT
 GRAPES

Wednesday, October 15
CHOOSE ONE:
 (W) CHICKEN TENDERS (4) WITH GOLDFISH GRAHAM
 OR
 (B) TURKEY & CHEESE ON BUN
 SUPERPOWER VEGETABLES
 GREEN BEANS
 BABY CARROTS
 NATURE'S CANDY
 TROPICAL FRUIT MIX
 BANANA
 FREE GIVEAWAY

Thursday, October 16
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, October 17
CHOOSE ONE:
 (W) TEXAS CINNAMON TOAST WITH CHEESE OMELET
 OR
 (B) TURKEY & CHEESE ON BUN
 SUPERPOWER VEGETABLES
 GARBANZO BEANS
 BABY CARROTS
 NATURE'S CANDY
 PEACHES
 FRESH PEAR



CALIFORNIA

"The Golden State"

Admitted to the Union September 9, 1850 as the 31st State
 State Capital: Sacramento

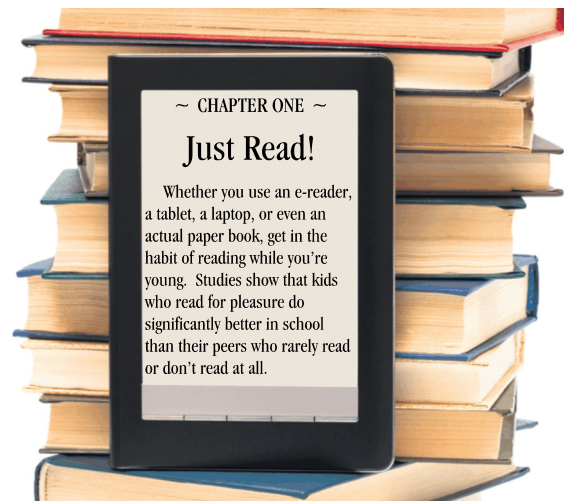
Monday, October 20
SCHOOL BUS SAFETY WEEK
CHOOSE ONE:
 (W) HOT DOG ON BUN
 OR
 (B) CHEESE PIZZA
 SUPERPOWER VEGETABLES
 CELERY
 BABY CARROTS
 NATURE'S CANDY
 PEARS
 GRAPES

Tuesday, October 21
CHOOSE ONE:
 (W) CHICKEN TERIYAKI WITH RICE AND ROLL
 OR
 (B) CHEESE PIZZA
 SUPERPOWER VEGETABLES
 CORN
 BABY CARROTS
 NATURE'S CANDY
 PINEAPPLE
 RAISINS

Wednesday, October 22
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, October 23
CHOOSE ONE:
 (W) BBQ PORK ON BUN
 OR
 (B) CHEESE PIZZA
 SUPERPOWER VEGETABLES
 PRINCE CHARLES VEGETABLES
 BABY CARROTS
 NATURE'S CANDY
 MIXED FRUIT
 ORANGE WEDGES
NO LUNCH HUD. CHRISTIAN

Friday, October 24
MICHIGAN APPLE CRUNCH DAY
CHOOSE ONE:
 (W) CHICKEN FAJITA WITH GOLDFISH GRAHAM
 OR
 (B) CHEESE PIZZA
 SUPERPOWER VEGETABLES
 ROMAINE RIBBONS
 BABY CARROTS
 NATURE'S CANDY
 APRICOTS
 FARM FRESH APPLE
NO LUNCH HUD. CHR.



~ CHAPTER ONE ~
Just Read!

Whether you use an e-reader, a tablet, a laptop, or even an actual paper book, get in the habit of reading while you're young. Studies show that kids who read for pleasure do significantly better in school than their peers who rarely read or don't read at all.

Monday, October 27
NATIONAL FARM TO SCHOOL WEEK
CHOOSE ONE:
 (W) CORN DOG
 OR
 (B) CHICKEN NUGGETS WITH BREAD
 SUPERPOWER VEGETABLES
 PEAS
 BABY CARROTS
 NATURE'S CANDY
 TROPICAL FRUIT MIX
 FARM FRESH APPLE

Tuesday, October 28
CHOOSE ONE:
 (W) MAC AND MEAT
 OR
 (B) CHICKEN NUGGETS WITH BREAD
 SUPERPOWER VEGETABLES
 HOT BROCCOLI
 BABY CARROTS
 NATURE'S CANDY
 APPLE SLICES WITH CINNAMON
 BANANA

Wednesday, October 29
CHOOSE ONE:
 (W) CHEESE PIZZADILLA
 OR
 (B) CHICKEN NUGGETS WITH BREAD
 SUPERPOWER VEGETABLES
 CELERY
 BABY CARROTS
 NATURE'S CANDY
 PEACHES
 GRAPES

Thursday, October 30
CHOOSE ONE:
 (W) GRILLED CHEESE SANDWICH
 OR
 (B) CHICKEN NUGGETS WITH BREAD
 SUPERPOWER VEGETABLES
 TOMATO SOUP
 BABY CARROTS
 NATURE'S CANDY
 PEARS
TRY A NEW VEGGIE:
 GREEN PEPPER SLICES

Friday, October 31
CHOOSE ONE:
 (W) HONEY REB SANDWICH ON BUN
 OR
 (B) CHICKEN NUGGETS WITH BREAD
 SUPERPOWER VEGETABLES
 BAKED BEANS
 BABY CARROTS
 NATURE'S CANDY
 APRICOTS
 FRESH PEAR
NO LUNCH HUD. PUBLIC ELEM.