

**Monday**

**4 Ravioli**  
(10G Fat, 32G Carb, 4G Fiber)  
or  
**Cheeseburger**  
(10G Fat, 14G Carb, 2G Fiber)  
Corn  
1G Fat,17G Carb

**Tuesday**

**5 Oven BBQ Chicken**  
(4G Fat,10G Carb)  
**W/ Rice**  
(74G Carb, 1.2G Fiber)  
Or **Turkey Corn Dog**  
14G Fat, 30G Carb,1 G Fiber  
**Spinach and Mixed Green**  
**Salad** (1G Carb,1G Fiber)

**Wednesday**

**6 Hot Roast Turkey & Gravy**  
**on Whole Wheat Bun**  
(6G Fat, 26G Carb, 5G Fiber)  
Or  
**Double Stuffed Whole Grain**  
**Pizza** (7G Fat,27G Carb, 3G Fiber)  
**Peas and Carrots**  
(5.3G Carb,1.5G Fiber)

**Thursday**

**7 Tulip Time!**  
**Half Day for**  
**All Students**


**Friday**

**8 Hot Flat Bread Sandwich**  
(Roast Turkey, Mozzarella and Cheddar with a delicious mild Buffalo Sauce, 10G Fat, 15G Carb, 1/2G Fiber) OR  
**Chicken Pattie/Bun**  
(17G Fat,14G Carb,1G Fiber)  
**Tossed Salad**  
(1.5G Carb,.5G Fiber)  
2 Tbls Ranch Dressing  
(2.5G Fat,4.5G Carb)

**HPS LUNCH MENU**  
**MAY, 2009**

**11 Nacho Chips, Taco**  
**Beef and Cheese**  
14.5 G Fat,27G Carb, 1G Fiber  
Or **Chicken Nuggets**  
17G Fat,14G Carb  
**Yellow & Green Beans With**  
**Carrot Strips**  
2G Carb, 1.33G Fiber

**12 Hot Ham & Cheese**  
**On Bun**  
11.5G Fat, 19G Carb Or  
**Double Stuffed Crust Pizza**  
7G Fat,27G Carb,3G Fiber  
**Veggie Rainbows**  
(13G Carb, 1G Fiber)



**13 The Max Taco Wedge**  
(Wedge shaped pizza Crust stuffed with taco meat and cheese, 9G Fat, 28G Carb, 2G Fiber) Or  
**Chicken Pattie on Bun**  
(17G Fat,14G Carb,1G Fiber)  
**Green and Yellow Beans**  
(4GCarbs,1.3G Fiber)



**14 French Bread Pizza**  
(6G Fat, 20G Carb, 1G fiber)  
Or  
**Turkey Chunks & Gravy**  
6G Fat, 3G Carb  
**W/Whole Wheat Roll**  
(1G Fat, 24G Carb, 2G Fiber)  
**Mashed Potato** (1G Fat, 16G Carb, 2G Fiber) & **Gravy**(1G Fat,6G Carb)



**15 Ham & Cheese**  
**Grab and Go**  
10.5G Fat, 16G Carb  
**Red Grapes**  
8G Carbs, 1/2G Fiber  
**Krispie Treat** 1G Fat, 8G Carb  
Or **Cheeseburger/Bun**  
(10G Fat, 14G Carb, 2G Fiber)  
**Carrot Sticks** (6G Carb, 2G Fiber)  
**Ranch** (2.5G Fat,4.5G Carb)

**School Nurse's Good Health Tips For Parents!**

**What is Summer Lunch?**

A Federally supported program that ensures children will continue to receive School Lunch during the summer months.

**What is the Charge For Summer Lunch?**




There is no charge for Summer Lunch. Holland Public Schools receives payment from Federal sources to provide lunches to children 18 years and younger.



**Summer Lunch Begins June 15 at**  
**The Following Locations!**

- Boys and Girls Club, 435 Van Raalte Ave. 11:30-1:00
- Rosa Parks (Formally College Ave. Park), 19<sup>th</sup> and College Ave., 11:30-12:15
- Cornerstone Ministries, 407 Central Ave., 11:30-1:00
- Harbor Village, 287 W 40<sup>th</sup> St., 12:00-1:15
- Holland High School, 600 Van Raalte Ave 10:30
- Maplewood Sports Complex, E 35<sup>th</sup> St & College Ave. 11:45
- Moran Park, 22<sup>nd</sup> and Maple Ave., 11:30-12:15
- South Shore Youth Impact, 20<sup>th</sup> and Plasmen Ave., 11:30-12:00
- Kollen Park 12:00-1:00

Please note the above times are subject to change. For more information call 616.494.2245

Monday	Tuesday	Wednesday	Thursday	Friday
<b>18 Chicken Fajita</b> 1.5G Fat, 19G Carb with Salsa 4G Carb Or <b>Southwest Pizza</b> <b>(10G Fat, 33G Carb, 4G Fiber)</b> Corn (1G Fat, 17G Carb)	<b>19 Sloppy Joe &amp; Neat Bun</b> (7G Fat, 28G Carb, 1G Fiber) Or <b>Crispito</b> (5G Fat, 20G Carb, 2G Fiber) Tasty Taters 6G Fat, 14G Carb, 2G Fiber	<b>20 Johnsonville Turkey &amp; Cheddar Sausage/Bun</b> 6G fat, 24G Carb, 1G Fiber Or <b>Macaroni and Beef</b> 11G Fat, 33G Carbs, 1G Fiber Fresh Steamed Green Beans 4G Carbs, 1.3G Fiber	<b>21 Chicken Quesadilla</b> (14G Fat, 34G Carb, 2G Fiber) Or <b>Cheeseburger</b> (10G Fat, 14G Carb, 2G Fiber) Seasoned Cauliflower (3G Carb, 2G Fiber)	<b>22 Spaghetti with Beef &amp; Pasta W/Sauce</b> 6.5G Fat, 28G Carb, 1G Fiber <b>Or Chicken Nuggets</b> 17G Fat, 14G Carb Mixed Green Salad (1.5G Carb, .5G Fiber)
<b>25 Memorial Holiday</b> 	<b>26 Popcorn Chicken</b> (10G Fat, 15G Carbs, 1G Fiber) Or <b>Cheeseburger</b> (10G Fat, 14G Carb, 2G Fiber) Mashed Potatoes (1G Fat, 16G Carb, 2G Fiber) Gravy (1G Fat, 6G Carb)	<b>27 Big Daddy Pizza</b> (14G Fat, 44G Carb, 2G Fiber) <b>Or Fish Nuggets &amp;</b> 13G Fat, 17G Carb, 1G Fiber Tartar Sauce 5G Fat, 1G Carb Raw Mixed Veggies (2.7 Carb, 1.3 Fiber)	<b>28 Seasoned Chicken</b> (4G Fat) <b>OR Turkey &amp; Swiss on Bun w/</b> <b>Lettuce, Pickle, Banana Pepper</b> (7G Fat, 23G Carb, 4G Fiber) Celery and Carrots (4G Carb, 2G Fiber) Ranch Dressing (2.5G Fat, 4.5G Carb)	<b>29 Taco Flat (NAAN) Bread Sandwich ( 10G Fat, 18G Carb)</b> <b>Or Chicken Pattie/Bun</b> 17G Fat, 14G Carb, 1G Fiber California Blend (2.7G Carb, 1.3G Fiber)
<b>JUNE 1 Nacho Pizza</b> 13G Fat, 39G Carb, 3G fiber <b>Or Chicken Pattie/Bun</b> (17G Fat, 14G Carb, 1G Fiber) Green, Yellow Beans, Carrots (2G Carb, 1.33G Fiber)	<b>2 Hot Dog on Bun OR Ham &amp; Cheese Grab and Go</b> 10.5G Fat, 16G Carb Red Grapes (8G Carbs, 1/2G Fiber) Krispie Treat (1G Fat, 8G Carb)	<b>3 Last Day! Half Day for All Students</b> 		

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 Breakfast Pizza</b> 10G Fat, 25G Carbs, 2G Fiber	<b>5 Scrambled Egg &amp; Cheese on Eng. Muffin</b> 11G Fat, 25G, 2G Fiber	<b>6 Breakfast Bagel</b> 7G Fat, 19G Carb, 1G Fiber	<b>7 Pancake Sausage on a Stick</b> 10G Fat, 23G Carb	<b>8 French Toast Stix</b> 5.3G Fat, 25G Carb
<b>11 Breakfast Bagel</b> 7G Fat, 19G Carbs, 1G Fiber	<b>12 Breakfast Burrito</b> (10G Fat, 19G Carb)	<b>13 Mini Pancakes</b> 2G Fat, 30G Carb, 2G Fiber Syrup— 31G Carb	<b>14 Ham &amp; Cheese Muffin</b> 8G Fat, 25G Carb, 2G Fiber	<b>15 Egg and Bacon Roll</b> (10G Fat, 23G Carb, 1G fiber)
<b>18 Jumbo Waffles</b> 5G Fat, 32G Carb, 1G Fiber	<b>19 Breakfast Pizza</b> 10G Fat, 25G Carbs, 2G Fiber	<b>20 Egg, Ham, Cheese On English Muffin</b> 11.5G Fat, 25G Carb, 2G Fiber	<b>21 Breakfast Bagel</b> 7G Fat, 19G Carb, 1G Fiber	<b>22 Pancake Sausage on a Stick</b> 10G Fat, 23G Carb
<b>Memorial Holiday</b>	<b>26 Breakfast Bagel</b> 7G Fat, 19G Carb, 1G Fiber	<b>27 Sausage &amp; Cheese on Eng. Muffin</b> 10G Fat, 25G, 2G Fiber	<b>28 Cinnamon Roll</b> 3G Fat. 29G Carb, 1 G Fiber	<b>29 Breakfast Burrito</b> (10G Fat, 19G Carb)
<b>1 Mini Pancakes</b> 2G Fat, 30G Carb, 2G Fiber Syrup— 31G Carb	<b>2 Scrambled Egg &amp; Cheese on Eng. Muffin</b> 11G Fat, 25G, 2G Fiber	<b>3 Jumbo Waffles</b> 5G Fat, 32G Carb, 1G Fiber	