



EDUCATION UNDER THE CROSS...

January 2019

What is a Reimbursable Meal??

A meal must include:

- ½ cup of fruit or vegetable
- 3-5 of the Food Groups ~ *Fruit, Vegetable, Protein, Grain, Milk*

Additional servings of fruits and vegetables are included!

Daily Milk Choices:

(Free of BGH and High Fructose Corn Syrup)

- White Skim
- White 1%
- Chocolate Skim

Wisconsin leads all 50 states in cheese production.

In 2017, 3.7 billion pounds of cheese were produced in the state.

Wisconsin produces more than 600 varieties, types, and styles of cheese.



Fun Food Feature of the Month:



Cheddar Cheese

Fun Facts

- Cheddar cheese originated in the village of Cheddar in Somerset, England, in the 12th century.
- It takes 10 pounds of milk to make 1 pound of cheese.
- In 2011, cheddar accounted for 36.7% of all cheese sold in the United States.

Nutrition

- Cheese is among the highest sources of calcium. One serving provides about 20% of your daily needs.
- Calcium helps build strong bones and teeth, and is especially important as you are growing!
- An average serving of cheese can provide 10 grams of high-quality protein!
- Cheese contributes only 8% of sodium in the average U.S. diet.
- Eating low-fat and fat-free dairy products is associated with better heart health.


* *Meatless option*

Nutritional information is on our website at:
www.hudsonraiders.org

This institution is an equal opportunity provider.

Happy Winter!



		3		4	
		<ol style="list-style-type: none"> 1) Chicken Nuggets 2) Hot Ham & Cheese Sandwich 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Pizza Dippers 2) Hamburger or Cheeseburger on Bun 3) Ham & Cheese Sandwich 	
		<p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Teddy Grahams</p>		<p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>	
7		8		9	
<ol style="list-style-type: none"> 1) Chicken Patty on Bun 2) Cheese Quesadilla* 3) Turkey & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Chicken Alfredo with Breadstick 2) Sloppy Joe on Bun 3) Turkey & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Pepperoni Pizza 2) Chef Salad & Dinner Roll 3) Turkey & Cheese Sandwich 	
<p>Baked Beans Vegetable Tray Blushing Pear Sauce Orange Smiles</p>		<p>Broccoli Vegetable Tray Peach Sauce Fresh Kiwi</p>		<p>Corn Vegetable Tray Cinnamon Applesauce Frozen Yogurt</p>	
10		11		11	
<ol style="list-style-type: none"> 1) French Toast & Scrambled Eggs* 2) Grilled Chicken Patty on Bun 3) Turkey & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Mini Corn Dogs 2) Fish Patty on Bun 3) Turkey & Cheese Sandwich 			
<p>Hash Browns Vegetable Tray Strawberries & Blueberries Bananas</p>		<p>Sweet Potato Waffle Fries Vegetable Tray Mixed Fruit Fresh Fruit</p>			
14		15		16	
<ol style="list-style-type: none"> 1) Popcorn Chicken 2) Turkey, Ham & Cheese Sub 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Hot Dog on Bun 2) Pizza Calzone 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Shrimp Poppers with Macaroni & Cheese 2) Chicken Taco Salad 3) Ham & Cheese Sandwich 	
<p>Potato Wedges Vegetable Tray Applesauce Rice Krispie Treat</p>		<p>Baked Beans Vegetable Tray Pear Sauce Fresh Kiwi</p>		<p>Peas Vegetable Tray Pineapple Sauce Apple Wedges</p>	
17		18		18	
<ol style="list-style-type: none"> 1) Walking Tacos 2) Turkey Wrap 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Italian Dunkers* 2) Hamburger on Bun 3) Ham & Cheese Sandwich 			
<p>Green Beans Vegetable Tray Fruit Fluff Grapes</p>		<p>Glazed Carrot Coins Vegetable Tray Peach Sauce Fresh Fruit</p>			
21		22		23	
<ol style="list-style-type: none"> 1) Corn Dog 2) Pizza Express 3) Turkey & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Yogurt Parfait & Muffin* 2) Chicken Tenders 3) Turkey & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Grilled Cheese Sandwich & Tomato Soup 2) Beef Taco Salad 3) Turkey & Cheese Sandwich 	
<p>Baked Beans Vegetable Tray Pear Sauce Orange Smiles</p>		<p>Brown Rice Vegetable Tray Peach Sauce Grapes</p>		<p>Green Beans Vegetable Tray Applesauce Mini Ice Cream Sandwich</p>	
24		25		25	
<ol style="list-style-type: none"> 1) Waffles* with Sausage Links 2) Rib-E-Q on Bun 3) Turkey & Cheese Sandwich 					
<p>Potato Rounds Vegetable Tray Strawberries Banana</p>		No School			
28		29		30	
<ol style="list-style-type: none"> 1) Chicken Nuggets 2) Hot Ham & Cheese Sandwich 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Spaghetti & Meat Sauce with Garlic Toast 2) Grilled Chicken Patty on Bun 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Pigs in a Blanket 2) Cheesy Roll-up* 3) Ham & Cheese Sandwich 	
<p>Mashed Potatoes & Gravy Vegetable Tray Peach Sauce Chocolate Chip Cookie</p>		<p>Fun Food Feature - Cheddar Cubes Garlic Green Beans Vegetable Tray Pineapple Sauce Apple</p> 		<p>Broccoli & Cheese Sauce Vegetable Tray Pear Sauce Grapes</p>	
31		1		1	
<ol style="list-style-type: none"> 1) Beef Tacos 2) Fish Nuggets 3) Ham & Cheese Sandwich 		<ol style="list-style-type: none"> 1) Pizza Dippers 2) Hamburger or Cheeseburger on Bun 3) Ham & Cheese Sandwich 			
<p>Brown Rice Refried Beans Vegetable Tray Rosy Applesauce Fresh Pineapple</p>		<p>Corn Vegetable Tray Mandarin Oranges Fresh Fruit</p>			