



HOLLAND CHRISTIAN FOREST SCHOOL – K-2nd



MAY/JUNE 2022

BREAKFAST & LUNCH ARE FREE.
Must choose 3 of 5 food components,
one being fruit or vegetable.

Milk Only .50

Milk is included
with lunch.
1% Chocolate or
1% White milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>MAY 2</p> <p>Homemade Banana Bread (no nuts), Yogurt, Cheese Stick, Grapes Carrots w/ Ranch</p>	 <p>MAY 3</p> <p>Ham & Cheese Slider Bun Fresh Peppers Crackers, Grapes</p>	 <p>MAY 4</p> <p>Turkey & Cheese Lunchable Carrots w/Ranch Applesauce Cup</p>	 <p>MAY 5</p> <p>SLEEPY HEAD DAY Cinnamon Toast Crunch Yogurt, Cheese Stick Mango Wango Grapes</p>	 <p>MAY 6</p> <p>Turkey & Cheese Sub Carrots w/Ranch Apple Slices Crackers</p>
 <p>MAY 9</p> <p>Homemade Banana Bread (no nuts), Yogurt, Cheese Stick, Grapes Carrots w/ Ranch</p>	 <p>MAY 10</p> <p>Ham & Cheese Slider Bun Fresh Peppers Crackers, Grapes</p>	<p>MAY 11</p> <p>HALF DAY TODAY!</p>	<p>MAY 12</p> <p>HALF DAY TODAY!</p>	 <p>MAY 13</p> <p>Turkey & Cheese Sub Carrots w/Ranch Apple Slices Crackers</p>
 <p>MAY 16</p> <p>Homemade Banana Bread (no nuts), Yogurt, Cheese Stick, Grapes Carrots w/ Ranch</p>	 <p>MAY 17</p> <p>Ham & Cheese Slider Bun Fresh Peppers Crackers, Grapes</p>	 <p>MAY 18</p> <p>HC Cinnamon Roll Cheese Stick, Yogurt Cup Mango Wango Juice Orange Wedges</p>	 <p>MAY 19</p> <p>SLEEPY HEAD DAY Cinnamon Toast Crunch Yogurt, Cheese Stick Mango Wango Grapes</p>	 <p>MAY 20</p> <p>Turkey & Cheese Sub Carrots w/Ranch Apple Slices Crackers</p>
 <p>MAY 23</p> <p>Homemade Banana Bread (no nuts), Yogurt, Cheese Stick, Grapes Carrots w/ Ranch</p>	 <p>MAY 24</p> <p>Ham & Cheese Slider Bun Fresh Peppers Crackers, Grapes</p>	 <p>MAY 25</p> <p>Turkey & Cheese Lunchable Carrots w/Ranch Applesauce Cup</p>	 <p>MAY 26</p> <p>SLEEPY HEAD DAY Cinnamon Toast Crunch Yogurt, Cheese Stick Mango Wango Grapes</p>	 <p>MAY 27</p> <p>Turkey & Cheese Sub Carrots w/Ranch Apple Slices Crackers</p>
 <p>MAY 30</p> <p>MEMORIAL DAY</p>	 <p>MAY 31</p> <p>Ham & Cheese Slider Bun Fresh Peppers Crackers, Grapes</p>	 <p>JUNE 1</p> <p>Turkey & Cheese Lunchable Carrots w/Ranch Applesauce Cup</p>	 <p>JUNE 2</p> <p>SLEEPY HEAD DAY Cinnamon Toast Crunch Yogurt, Cheese Stick Mango Wango Grapes</p>	<p>JUNE 3</p> <p>HALF DAY TODAY!</p>

FREE Morning Snacks provided each day for all students.

Take it then, eat now or save for later!

Both snacks must be taken - variety of popular whole grain bars, whole grain crackers, 100% fruit juice and fresh fruit!

ENJOY!

LUNCH IS FREE EVERYDAY!
AUGUST - JUNE 2022
NO SIGN UP NEEDED



Due to availability, menu subject to change.

HC FOOD SERVICE OFFICE
616-820-2934

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.