

Holy Cross Lunch August & September 2010

All meals include a trip to Chartwells food bar. Daily food bar offerings include: romaine salad, fresh and canned fruits, variety of fresh vegetables (carrots, celery, broccoli, etc.) and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
Student Lunch \$ 1.75/2.00 Reduced Lunch \$.40 Milk \$.40 Menu subject to change without notice	Cheese Quesadilla Toss Salad w/ Dressing Chilled Peaches Choice of Milk	Corn Dog on a Stick Potato Smiles Fresh Apple Choice of Milk	Reduced Fat Bosco Sticks w/ Dipping Sauce Baby Carrots Chilled Applesauce Choice of Milk	No School
No School Labor day	Baked WG Breaded Chicken Nuggets w/ Wheat Dinner Roll Seasoned Carrots Chilled Pears Choice of Milk	Beef & Cheese Nachos Lettuce & Salsa Refried Beans Chilled Mixed Fruit Choice of Milk	Whole Grain Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges Choice of Milk	Pasta & Italian Meat Sauce Tossed Salad w/ Low Fat Dressing Fresh Banana Choice of Milk
Beef Ravioli & Meatsauce w/ Garlic Bun Garden Salad w/ Dressing Chilled Pears Choice of Milk	Popcorn Chicken w/ Wheat Dinner Roll Seasoned Peas & Carrots Sweet Peaches Choice of Milk	Baked Breaded Fish Sticks w/ Cheesy Cheesy Macaroni & WG Dinner Roll Fresh Local Cucumber Slices Fresh Locally Grown Apple Choice of Milk	Whole Grain Mini Chicken Corn w/ Breadstick Baked Beans Orange Smiles	Hot Ham & Cheese on a Whole Grain Bagel Steamed Broccoli with cheese Chilled Pineapples Choice of Milk
Baked Whole Grain Breaded Chicken Nuggets w/ Bread Stick Green Beans & Chilled Peaches Choice of Milk	Toasted Cheese Sandwich on WG Bread Bread w/ Tomato Soup & Crackers Fresh Baby Carrots Banana Choice of Milk	BBQ Chicken Leg Dinner Roll Mashed Potatoes & Gravy Chilled Applesauce Choice of Milk	French Toast Sticks Ham Slice Crispy Tater Tots Orange Wedges Choice of Milk	Beef Soft Tacos w/ Lettuce, Cheese & Salsa Refried Beans Cinnamon Apple Slices Choice of Milk
Baked Whole Grain Breaded Chicken Sandwich/Bun Baked Beans Fresh MI Apple Choice of Milk	Cheese Quesadilla Toss Salad w/ Dressing Chilled Peaches Choice of Milk	Chicken Fingers Seasoned Pasta Carrot Coins Chilled Applesauce Choice of Milk	Sloppy Joe Scoops Steamed Broccoli with cheese sprinkled on top Orange Smiles Choice of Milk	Cheeseburger/Bun Corn on the Cobb Mandarin Oranges Choice of Milk
<u>Alternate Lunches</u> Offered Daily - Cheese & Pepperoni Pizza				
<i>Mondays:</i> Strawberry Yogurt w/String Cheese	<i>Tuesdays:</i> Hot Dog/bun	<i>Wednesdays:</i> Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal w/ Hard Boiled Egg	<i>Thursdays:</i> Junior Ham & Cheese Sub	<i>Fridays:</i> Reduced Fat Bosco Sticks w/ Dipping Sauce
Milk selections include: White Skim Milk or 1% Flavored Milk. All milk is artificial hormone free				

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