



## Holy Cross Lunch Menu March/April 2017

**Lunch Price: \$2.40 Reduced Price: \$.40 Ala Carte Milk/Snack: \$.50 Adult Lunch: \$3.75**

A full student lunch includes a choice of entrée supplying protein, milk, grain, and vegetable and fruit side dishes. Milk Choices include: 1% White and Chocolate Skim Milk. A cold vegetable and fruit bar is available daily on which we feature the vegetables and fruit listed below, additional fruit and vegetable choices may be available in the bar.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b> Stuffed Crust Pepperoni Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	<b>28</b> <i><b>Taco Tuesday</b></i> Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	<b>29</b> French Toast Sticks with Turkey Sausage Warm Cinnamon Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Broccoli Red Delicious Apple Chilled Diced Peaches	<b>30</b> <i><b>New Item</b></i> Colby Cheese Omelet W/Cinnamon Breadstick Potato Starz  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	<b>31</b> Grilled Cheese Sweet Potato Bites  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Baby Carrots Banana Pineapple Tidbits <i><b>Chance to Win a Basketball</b></i>
<b>3</b> Walking Taco W/Cinnamon Bread Stick Seasoned Refried Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cauliflower Red Delicious Apple Chilled Diced Pears	<b>4</b> Bosco Sticks w/Sauce Sliced Carrots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Red Grapes Rosy Applesauce	<b>5</b> French Toast Sticks with Turkey Sausage Sweet Potato Puffs  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Cinnamon Apple Slices Sweet Diced Peaches	<b>6</b> Cheesy Baked Pasta Garlic Bread Green Beans  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce <i><b>Birthday Cookie</b></i>	<b>7</b>
<b>10</b> Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	<b>11</b> Cheese Pizza Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Baby Carrots Power Peas Red Grapes Cinnamon Applesauce <i><b>Strawberry Milk</b></i>	<b>12</b> Grilled Cheese w/Tomato Soup <i><b>Goldfish Cheddar Crackers</b></i>  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Orange Wedges Sweet Diced Peaches	<b>13</b> Pancakes w/Syrup w/Scrambled Eggs Hash Brown  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Banana Chilled Applesauce <i><b>Easter Pencil</b></i>	<b>14</b> <i><b>No School</b></i>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>Spring Break April 14<sup>th</sup> -21<sup>st</sup></b>				
<b>24</b> Personal Cheese Pizza Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	<b>25</b> Waffles w/Scrambled Eggs Warm Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Mixed Fruit Chilled Mandarin Oranges	<b>26</b> Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	<b>27</b> Chef Salad w/Dinner Roll Baby Carrots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce <i><b>Strawberry Milk</b></i>	<b>28</b> Chicken Tenders w/Fresh Baked Biscuit Mashed Potatoes & Gravy  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Apple Pineapple Tidbits
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal, Yogurt & String Cheese	Strawberry Yogurt Parfait w/Homemade Granola	Hot Dog w/Bun	Popcorn Chicken w/Dinner Roll	Pizza Fun Lunch- Goldfish Bread, Pizza Sauce & Cheese

**April**  
**Food Focus of the Month's**



## April is National Gardening Month!

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves. Check out <http://www.kidsgardening.org/> for more gardening tips.

***Questions or Comments?*** Please contact Julie Humphrey @ 810.676.1112 or [jhumphrey@ecsd.us](mailto:jhumphrey@ecsd.us)

**Checks:** Please make checks payable to East China Food Service

Menu Subject to Change without Notice

This institution is an equal opportunity provider.