



Holy Cross Lunch Menu

October 5th – October 30th, 2015

Lunch Price: \$2.35 Reduced Price: \$.40 Ala Carte Milk/Snack: \$.50 Adult Lunch: \$3.50

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
<p>⁵</p> <p>Cheeseburger on a Bun Seasoned Corn</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Local Cherry Tomatoes Fresh Banana Sweet Peaches</p>	<p>⁶</p> <p>Chicken Tenders w/Dinner Roll Potato Wedges</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Red Delicious Apple</p>	<p>⁷</p> <p>Cinnamon Glazed French Toast with Eggs Hash Browns</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears</p>	<p>⁸</p> <p>Cheese Quesadilla Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Mild Salsa Local Chopped Romaine Local Sliced Cucumbers Cinnamon Applesauce Fresh Pear</p>	<p>⁹</p> <p>Cheese Pizza Wedge Side Salad</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit</p>
<p>¹²</p> <p>Beef Soft Taco Steamed Broccoli</p> <p><u>Fruit & Vegetable Bar</u> Local Chopped Romaine Mild Salsa Local Golden Delicious Apple Chilled Peaches</p>	<p>¹³</p> <p>Popcorn Chicken WG Dinner Roll BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Chilled Fruit Cocktail Red Delicious Apple</p>	<p>¹⁴</p> <p>French Toast Sticks Turkey Sausage Patties Baked Tater Tots</p> <p><u>Fruit & Vegetable Bar</u> Celery Sticks Fresh Baby Carrots Fresh Pear Apple Juice</p>	<p>¹⁵</p> <p>Chicken Alfredo Pasta WG Dinner Roll Seasoned Peas & Carrots</p> <p><u>Fruit & Vegetable Bar</u> Local Chopped Romaine Fresh Broccoli Florets Fresh Banana Cinnamon Applesauce</p>	<p>¹⁶</p> <p>Pepperoni Pizza Tossed Salad w/ Tomatoes</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Local Sliced Cucumbers Orange Wedges Pineapple Tidbits</p>
<p>¹⁹</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Local Cherry Tomatoes Fresh Banana Apple Juice</p>	<p>²⁰</p> <p>Chicken Nuggets Mashed Potatoes w/ Gravy WG Dinner Roll</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Red Delicious Apple</p>	<p>²¹</p> <p>Italian Meat Sauce w/Rotini Pasta WG Garlic Toast Bun Savory Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Fresh Pear Chilled Peaches</p>	<p>²²</p>	<p>²³</p>
<p>²⁶</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Local Chopped Romaine Mild Salsa Local Golden Delicious Apple Chilled Mandarin Oranges</p>	<p>²⁷</p> <p>Popcorn Chicken Seasoned Mixed Vegetables WG Dinner Roll</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Fresh Pear Chilled Applesauce Lucky Tray-Halloween Bracelets</p>	<p>²⁸</p> <p>French Toast Sticks Scrambled Eggs Baked Tater Tots</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Chopped Romaine Fresh Red Grapes Pineapple Tidbits</p>	<p>²⁹</p> <p>Fish Nuggets Whole Grain Biscuit Seasoned Broccoli</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Red & Green Pepper Strips Rosy Applesauce Fresh Orange Lucky Tray</p>	<p>³⁰</p> <p>Pepperoni Pizza Whole Grain Crust Savory Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Fresh Baby Carrots Sweet Peaches Red Delicious Apple</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Patty w/WG Bun</p>	<p>Chef Salad w/Dinner Roll</p>	<p>Hot Dog w/bun</p>	<p>Popcorn Chicken w/Dinner Roll</p>	<p>Grilled Cheese Sandwich</p>

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October **Food Focus of the Month's** ***Dark Leafy Greens***

Going Green Never tasted so great!

Dark leafy greens are nutrition champions—they're chock full of vitamins and minerals that have been shown to improve our health and protect us from many illnesses and diseases. In particular, dark leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much and helps build strong bones. It is recommended that kids eat 1 to 2 cups of dark leafy greens per week. The dark leafy green food group includes lettuce, kale, chard, bok choy, broccoli, spinach, turnip greens, watercress, and collard greens. Be sure to eat a variety to get the most nutrition!

Try these great ways to fill up on your leafy greens:

- Make a colorful salad using lettuce by adding a variety of fruits and vegetables. Add lettuce to your favorite sandwich or wrap!
- Bake kale chips in the oven with a drizzle of olive oil. Add kale to smoothies, soups, salads and sandwiches.
- Chard makes a delicious and unexpected pizza topping. Sauté chard with fresh garlic and olive oil and drizzle with fresh lemon juice and parmesan cheese before serving for a simple, refreshing side dish.

Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or jhumphrey@ecsd.us

Checks: Please make checks payable to East China Food Service
Menu Subject to Change without Notice



Go to MyPlate.gov for online personal wellness resources for you and your family.

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