



Holy Cross Lunch Menu

September 8th – October 2nd, 2015

Lunch Price: \$2.35 Reduced Price: \$.40 Ala Carte Milk \$.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>7</p> <p>Labor Day</p>	<p>8</p> <p>Popcorn Chicken WG Dinner Roll BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Baby Carrots Chilled Fruit Cocktail Golden Delicious Apple</p> <p>No 2nd Choice Today</p>	<p>9</p> <p>French Toast Sticks Turkey Sausage Patties Baked Tater Tots</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Fresh Baby Carrots Fresh Pear Chilled Peaches</p>	<p>10</p> <p>Chicken Alfredo Pasta WG Dinner Roll Seasoned Peas & Carrots</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Sliced Cucumbers Fresh Banana Cinnamon Applesauce</p>	<p>11</p> <p>Pepperoni Pizza Tossed Salad w/ Tomatoes</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Pineapple Tidbits</p>
<p>14</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Cherry Tomatoes Fresh Banana Apple Juice</p>	<p>15</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>16</p> <p>Italian Meat Sauce w/Rotini Pasta WG Garlic Toast Bun Savory Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Fresh Baby Carrots Fresh Pear Chilled Peaches</p>	<p>17</p> <p>Cheese Pizza Wedge Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Sliced Cucumbers Cinnamon Applesauce Fresh Watermelon Wedge</p>	<p>18</p>
<p>21</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Golden Delicious Apple Chilled Mandarin Oranges</p>	<p>22</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</p>	<p>23</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>24</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</p> <p>Lucky Tray</p>	<p>25</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>
<p>28</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles</p>	<p>29</p> <p>Chicken Tenders w/Dinner Roll Sweet Potato Fries</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Tossed Salad Fresh Pear Pineapple Tidbits</p>	<p>30</p> <p>Toasted Cheese Sandwich Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Fresh Baby Carrots Fresh Pear Chilled Peaches</p> <p>Lucky Tray</p>	<p>Oct 1</p> <p>Cheese Pizza Wedge Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Tossed Salad Sliced Cucumbers Fresh Banana Cinnamon Applesauce</p>	<p>Oct 2</p> <p>Chicken Soft Tacos Mild Salsa Mexican Style Pinto Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Fresh Baby Carrots Golden Delicious Apple Chilled Mandarin Oranges</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bosco Sticks w/Dipping Sauce</p>	<p>Chef Salad w/Dinner Roll</p>	<p>Hot Dog w/bun</p>	<p>Popcorn Chicken w/Dinner Roll</p>	<p>Cereal, Yogurt Cup & String Cheese</p>

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September

Food Focus of the Month's

Red & Orange Vegetables

Orange You Glad I'm on your plate?

The red and orange vegetable group includes carrots, sweet potatoes, tomatoes, acorn squash, butternut squash, red peppers, pumpkin, and hubbardsquash and are full of vitamins A, C & K, phytonutrients, and antioxidants. The antioxidant beta-carotene is responsible for the orange hue, while red vegetables get their color from lycopene, also an antioxidant. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. The health benefits of these colorful vegetables are endless!

Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits. Here are some great ways to get there:

- Carrots are a great snack with dips or dressings. Roast carrots in the oven to make carrot "fries". Blend carrots with pineapple juice, yogurt, and honey to make a smoothie.
- Munch on sweet potato fries by baking them in the oven or bake sweet potato waffles, pancakes or muffins! Drizzle maple syrup over diced, cooked and peeled sweet potatoes.
- A whole grain tortilla chip with salsa is a delicious way to eat tomatoes. Add salsa to Scrambled eggs or an omelet! Add tomatoes to grilled cheese sandwiches, hamburgers & more.

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

Checks: Please make checks payable to East China Food Service or Pay Schools online through Skyward Menu Subject to Change without Notice



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

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