



Holy Cross Lunch Menu

November 2nd – November 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>2</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles</p>	<p>3</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>4</p> <p>Toasted Cheese Sandwich Tomato Soup</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Fresh Baby Carrots Fresh Pear Chilled Peaches</p>	<p>5</p> <p>Homemade Cheese Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Sliced Cucumbers Raisins Cinnamon Applesauce</p>	<p>6</p>
<p>9</p> <p>Beef Hot Dog on a Bun BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Local Cherry Tomatoes Fresh Banana Sweet Peaches</p>	<p>10</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>11</p> <p>Veterans Day 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 Lucky Tray- USA Dog Tags</p>	<p>12</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>13</p> <p>Cheese Pizza Wedge Spinach & Romaine Salad</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit</p>
<p>16</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Local Chopped Romaine Mild Salsa Local Golden Delicious Apple Chilled Peaches</p>	<p>17</p> <p>Popcorn Chicken WG Dinner Roll Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Chilled Fruit Cocktail Red Delicious Apple</p>	<p>18</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>19</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 Birthday Treat</p>	<p>20</p>
<p>23</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>24</p>	<p>25</p> <p>No School</p>	<p>26</p> <p>No School</p>	<p>27</p> <p>No School</p>
<p>30</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>				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bosco Sticks w/Dipping Sauce</p>	<p>Chef Salad w/Dinner Roll</p>	<p>Corn Dog</p>	<p>Popcorn Chicken w/Dinner Roll</p>	<p>Yogurt Cup w/Reduced Sugar Cereal & Goldfish Graham Cracker</p>

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November
Food Focus of the Month's
Dried Fruit

It is recommended that children and teens consume 1-2 cups of fruit every day. One quarter cup of dried fruit is equal to ½ c of fruit. The dried fruit group includes apples, raisins, cranberries, peaches, apricot, prunes, figs & pears. These fruits are nutrition super stars and are excellent sources of vitamins A, C, and K. They're also abundant in antioxidants and fiber, both of which help keep our bodies functioning smoothly and protect against illnesses and diseases.

***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



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