



## Holy Cross Lunch Menu

December 1<sup>st</sup> - 18<sup>th</sup>, 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>1</p> <p>Popcorn Chicken Seasoned Mixed Vegetables WG Dinner Roll</p> <p><u>Fruit &amp; Vegetable Bar</u> Power Peas Fresh Baby Carrots Fresh Pear Chilled Applesauce</p>	<p>2</p> <p>French Toast Sticks Scrambled Eggs Potato Smiles</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Broccoli Florets Chopped Romaine Fresh Red Grapes Pineapple Tidbits</p>	<p>3</p> <p>Beef &amp; Cheese Nachos Refried Beans</p> <p><u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Mild Salsa Rosy Applesauce Fresh Orange</p>	<p>4</p> <p>Pepperoni Pizza Whole Grain Crust Savory Green Beans</p> <p><u>Fruit &amp; Vegetable Bar</u> Tossed Salad Fresh Baby Carrots Sweet Peaches Red Delicious Apple</p>
<p>7</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles</p>	<p>8</p> <p>Chicken Nuggets WG Dinner Roll BBQ Baked Beans</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Baby Carrots Chilled Fruit Cocktail Red Delicious Apple</p>	<p>9</p> <p>Toasted Cheese Sandwich Tomato Soup</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Broccoli Florets Fresh Baby Carrots Fresh Pear Chilled Peaches <b>Lucky Tray</b></p>	<p>10</p> <p>Cheese Quesadillas Golden Corn</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Sliced Cucumbers Raisins Cinnamon Applesauce</p>	<p>11</p> <p>Chicken Patty/Bun Potato Tots</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Fresh Baby Carrots Pineapple Tidbits Red Delicious Apple <b>Birthday Treat</b></p>
<p>14</p> <p>Beef Hot Dog on a Bun BBQ Baked Beans</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Local Cherry Tomatoes Fresh Banana Sweet Peaches</p>	<p>15</p> <p>Chicken Tenders w/Dinner Roll Mashed Potatoes &amp; Gravy</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Red Delicious Apple</p>	<p>16</p> <p>French Toast Sticks with Turkey Sausage Hash Browns</p> <p><u>Fruit &amp; Vegetable Bar</u> Spinach &amp; Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears</p>	<p>17</p> <p>Homemade Macaroni &amp; Cheese w/Pretzel Rod Golden Corn</p> <p><u>Fruit &amp; Vegetable Bar</u> Local Chopped Romaine Local Sliced Cucumbers Cinnamon Applesauce Fresh Pear <b>Holiday Treat</b></p>	<p>18</p> <p>Cheese Pizza Wedge Spinach &amp; Romaine Salad</p> <p><u>Fruit &amp; Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit</p>



**Happy Holidays!**

No School December 21<sup>st</sup> – January 1<sup>st</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets w/Dinner Roll	Sunbutter(nut free peanut butter) & Jelly Sandwich	Hot Dog/Bun	Popcorn Chicken w/Dinner Roll	Yogurt Cup w/Reduced Sugar Cereal & Goldfish Graham Crackers

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## December Food Focus of the Month's **Root Vegetables**

### **GIVE A HOOT FOR ROOTS!**

Beets, turnips, rutabaga, radishes, kohlrabi, and yucca are hardy root vegetables that pack a mean nutrient punch. These cousins to the cruciferous vegetable family provide ample disease fighting antioxidants, Vitamin C, and potassium, and can be easily roasted, boiled, or mashed like a potato.

A half cup of root vegetables is about one cupped handful –try to eat 1 to 2 cups of vegetables with meals to meet your daily nutrition needs. Variety is important for balanced nutrition and keeping things interesting –it may be easy to get stuck in a rut when time is tight, but make an effort to try out new recipes or different cooking methods (mashed, roasted, steamed, baked, and raw). Spend as much time focusing on your vegetable side dishes as you do on your main meal, or even better, make vegetables the star. By filling your plate with fiber-rich vegetables, you'll end up eating less (because you'll feel full sooner) and consume less calories (because vegetables are less energy-dense than grains and proteins). Eating plants is also good for the environment because they need less energy and water to produce. If you're worried about getting enough protein, remember that we only need a few ounce of protein at each meal, and beans, lentils, and whole grains are great sources.

Remember that root vegetables are higher in carbohydrates and calories than other vegetables, so balance your plate with another colorful vegetable too –like steamed broccoli, a tossed salad, or roasted cauliflower. It's OK to also enjoy a grain with your meal like steamed rice or pasta, but don't go overboard. Everything in moderation!

***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

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