



## Holy Cross Lunch Menu

February 1<sup>st</sup> -26<sup>th</sup>, 2016

**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
1	2	3	4	5
	Chicken Tenders w/Breadstick Mashed Potatoes & Gravy  <u>Fruit &amp; Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Orange Wedges	French Toast Sticks with Turkey Sausage Hash Browns  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears	Homemade Macaroni & Cheese w/Pretzel Rod Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Local Chopped Romaine Local Sliced Cucumbers Cinnamon Applesauce Sliced Bananas w/Cinnamon	Pepperoni Pizza Spinach & Romaine Salad  <u>Fruit &amp; Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit  <b>Lucky Tray-Football Theme</b>
8	9	10	11	12
Beef & Cheese Nachos Refried Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Mild Salsa Local Golden Delicious Apple Chilled Peaches	Popcorn Chicken w/Bread Stick Green Beans  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Chilled Fruit Cocktail Red Delicious Apple	Pancakes Scrambled Eggs Warm Cinnamon Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Orange Wedges Apple Juice	French Bread Cheese Pizza Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Fresh Broccoli Florets Fresh Banana Strawberries  <b>Strawberry Milk</b>	<b>Mid-Winter Break</b>
15	16	17	18	19
<b>Mid-Winter Break</b>	Chicken Nuggets w/Bread Stick Mashed Potatoes & Gravy  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Chilled Fruit Cocktail Red Delicious Apple	Toasted Cheese Sandwich Tomato Soup  <u>Fruit &amp; Vegetable Bar</u> Fresh Broccoli Florets Romaine Lettuce Blend Fresh Banana Chilled Peaches	Cheeseburger w/Bun BBQ Baked Beans  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Cherry Tomatoes Mandarin Orange & Pineapple Cinnamon Applesauce  <b>Birthday Treat</b>	Cheese Pizza Green Beans  <u>Fruit &amp; Vegetable Bar</u> Romaine Lettuce Blend Power Peas Orange Wedges Diced Pears
22	23	24	25	26
Cheese Quesadillas Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Mild Salsa Fresh Apple Sweet Peaches	Popcorn Chicken w/Bread Stick Seasoned Mixed Vegetables  <u>Fruit &amp; Vegetable Bar</u> Spinach & Romaine Salad Power Peas Fresh Pear Chilled Applesauce	French Toast Sticks Scrambled Eggs Potato Smiles  <u>Fruit &amp; Vegetable Bar</u> Romaine Lettuce Blend Fresh Broccoli Florets Fresh Red Grapes Pineapple Tidbits	Pepperoni Pizza Whole Grain Crust Savory Green Beans  <u>Fruit &amp; Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Sweet Peaches Red Delicious Apple	Cheese Nachos Refried Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Mild Salsa Rosy Applesauce Fresh Orange
<b>Chance to Win a Game Night Basket ~ Ticket With Each Lunch ~Drawing on Friday</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets w/Dinner Roll	Chef Salad w/Bread Stick	Hot Dog/Bun	Popcorn Chicken w/Dinner Roll	Yogurt Cup w/Reduced Sugar Cereal & Goldfish Graham Crackers

This institution is an equal opportunity provider

## February Food Focus of the Month's



### **FUN FACTS!**

#### **Double Duty**

Some plants produce both an herb and a spice! Cilantro is the leafy herb of the same plant that gives us the popular spice, coriander.

#### **Let Food Be Thy Medicine**

Unlike herbs, spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties.

#### **Belly Ache?**

Try soothing upset tummies with ginger root tea, found in most grocery stores.

#### **Dew of the Sea**

Rosemary means "dew of the sea" and comes from the coasts of the Mediterranean. This evergreen herb can grow up to five feet tall –that's a lot of rosemary!

#### **Art Work At Home**

Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!

*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.