



Holy Cross Lunch Menu

February 29th - March 2016

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
29 Pancakes Turkey Sausage Patties Warm Apple Slices <u>Fruit & Vegetable Bar</u> Chopped Romaine Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles	1 Chicken Nuggets BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Strawberries Red Delicious Apple	2 Beef Ravioli w/Biscuit Green Beans <u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Romaine Lettuce Blend Fresh Banana Chilled Peaches	3 Bosco Sticks w/Dipping Sauce Steamed Corn <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Sliced Cucumbers Fresh Banana Cinnamon Applesauce	4 Mozzarella Sticks W/Dipping Sauce Seasoned Potato Wedges <u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Pineapple Tidbits Red Delicious Apple
7 Beef Hot Dog on a Bun BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Cherry Tomatoes Red Delicious Apple Sweet Peaches	8 Chicken Tenders w/Breadstick Mashed Potatoes & Gravy <u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Orange Wedges	9 French Toast Sticks with Turkey Sausage Hash Browns <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears	10 Pepperoni Pizza Golden Corn <u>Fruit & Vegetable Bar</u> Chopped Romaine Sliced Cucumbers Cinnamon Applesauce Sliced Bananas w/Cinnamon Strawberry Milk	11 Homemade Macaroni & Cheese w/Pretzel Rod Spinach & Romaine Salad <u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit
14 Beef & Cheese Nachos Refried Beans <u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Golden Delicious Apple Chilled Peaches	15 Popcorn Chicken w/Bread Stick Green Beans <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Pineapple Tidbits Red Delicious Apple	16 Pancakes Scrambled Eggs Warm Cinnamon Apple Slices <u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Orange Wedges Apple Juice	17 Cheese Quesadillas Golden Corn <u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Sliced Cucumbers Applesauce Orange	18 Cheese Quesadillas Golden Corn <u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Sliced Cucumbers Applesauce Orange
21 Pancakes Turkey Sausage Patties Warm Apple Slices <u>Fruit & Vegetable Bar</u> Chopped Romaine Sliced Cucumbers Chilled Pears Fresh Orange Smiles	22 Chicken Nuggets w/Bread Stick Mashed Potatoes & Gravy <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Chilled Fruit Cocktail Red Delicious Apple	23 Toasted Cheese Sandwich Tomato Soup <u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Romaine Lettuce Blend Fresh Banana Chilled Peaches	24 Cheeseburger w/Bun BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Cherry Tomatoes Mandarin Orange & Pineapple Cinnamon Applesauce Birthday Treat	25 No School Good Friday
28 No School Easter Monday	29 No School	30 No School	31 No School	April 1 No School
Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Cup w/Reduced Sugar Cereal & Goldfish Graham Crackers	Sunbutter(nut free peanut butter) & Jelly Sandwich	Hot Dog/Bun	Popcorn Chicken w/Dinner Roll	Grilled Cheese

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March Food Focus of the Month's



Crucifer-Awesome!

Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, bokchoy, collard greens, and kohlrabi. The cruciferous family of vegetables takes its name cruciferous (meaning “cross-bearing”) from the shape of the plants’ flowers, which have four petals resembling a cross. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals. Nearly all are excellent or good sources of vitamin C and some are good sources of manganese. Dark greens are high in vitamin K. The specific phytochemicals (fight-o-chemicals) found in these veggies can also prevent disease.

These vegetables can be eaten raw, roasted or baked with olive oil or they also taste great as an addition to soup, salad, and stir-fry. A serving of vegetables is a half cup, but for some raw veggies, like broccoli, cauliflower, kale, and cabbage, you need 1 cup to count for a serving. Cooked vegetables like Brussels sprouts and steamed broccoli, kale, and cabbage count as a half cup cooked equals one serving.

The amount of fruits and vegetables you need depends on your age, gender and the amount of physical activity you get every day, though a good rule of thumb is to make half of every meal fruits and vegetables. We all have our favorite (and least favorite) vegetables, but keep in mind it’s important to eat various colors of fruits and vegetables to help your body get all the nutrients you need. Making meals more interesting with different colors, textures, and flavors can also help you stick to healthy eating habits and get your recommended servings every day. Check out www.choosemyplate.gov to find out the right amount for you.

FUN FACTS:

Wild World

Many vegetables evolved from the original wild cabbage, including broccoli, Brussels sprouts, cauliflower, collard greens, kale and kohlrabi.

Bushels of Broccoli

We eat about six pounds of broccoli each year –4 times more than what we ate 30 years ago. I guess enough people heard how healthy and delicious it is!

Eat Broccoli, Help Your Heart!

A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate. Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease

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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