



Holy Cross Lunch Menu

April 4th- 29th, 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
<p>4</p> <p>Cheese Quesadillas Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Fresh Apple Sweet Peaches</p>	<p>5</p> <p>Popcorn Chicken w/Bread Stick Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Pineapple Tidbits Red Delicious Apple</p>	<p>6</p> <p>French Toast Sticks with Turkey Sausage Hash Browns</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Apple Juice Chilled Pears</p>	<p>7</p> <p>Grilled Cheese Sandwich Tomato Soup</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Sliced Cucumbers Orange Wedges Cinnamon Applesauce</p>	<p>8</p> <p>Chicken Patty/Bun Seasoned Potato Wedges</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Pineapple Tidbits Red Delicious Apple</p>
<p>11</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles</p>	<p>12</p> <p>Chicken Nuggets w/Dinner Roll BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Strawberries Red Delicious Apple</p>	<p>13</p> <p>Cheeseburger/Bun Oven Fries</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears</p>	<p>14</p> <p>Bosco Sticks w/Dipping Sauce Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Sliced Cucumbers Fresh Banana Cinnamon Applesauce</p>	<p>15</p>
<p>18</p> <p>Beef Hot Dog on a Bun BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Cherry Tomatoes Red Delicious Apple Sweet Peaches</p>	<p>19</p> <p>Chicken Tenders w/Breadstick Mashed Potatoes & Gravy</p> <p><u>Fruit & Vegetable Bar</u> Fresh Broccoli Florets Garbanzo Beans Pineapple Tidbits Orange Wedges</p>	<p>20</p> <p>French Toast Sticks with Turkey Sausage Hash Browns</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears</p>	<p>21</p> <p>Pepperoni Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Sliced Cucumbers Cinnamon Applesauce Sweet Peaches</p>	<p>22</p> <p>Earth Day Chef Salad w/CROUTONS & Dinner Roll Carrot Sticks</p> <p><u>Fruit & Vegetable Bar</u> Power Peas Fresh Baby Carrots Orange Wedges Mixed Fruit</p> <p>Lucky Tray-Seed Packet</p>
<p>25</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Golden Delicious Apple Chilled Peaches</p>	<p>26</p> <p>Popcorn Chicken w/Bread Stick Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Pineapple Tidbits Red Delicious Apple</p>	<p>27</p> <p>Pancakes Scrambled Eggs Warm Cinnamon Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Orange Wedges Apple Juice</p>	<p>28</p> <p>Yogurt Parfait with Granola and String Cheese Carrot Sticks</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Broccoli Florets Fresh Banana Strawberries</p>	<p>29</p> <p>French Bread Cheese Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Sliced Cucumbers Applesauce Orange</p> <p>Birthday Treat</p>
Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets w/Dinner Roll	Grilled Cheese Sandwich	Hot Dog/Bun	Popcorn Chicken w/Dinner Roll	Bosco Sticks w/Dipping Sauce

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April

Food Focus of the Month

GARDEN VEGETABLES

April is National Gardening Month!

Eating garden fresh food is not only delicious, it's nutritious. April is National Gardening Month, and gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.

Garden fresh vegetables taste great fresh in salsas, salads or grilled. Toss together your favorite garden greens like spinach, kale or arugula, add in cherry tomatoes, carrots, & cucumbers and top with a home-made vinaigrette. You'll be amazed at how much you and your family will enjoy food you grew yourselves. Check out <http://www.kidsgardening.org/> for more gardening tips.

Get Fit in the Garden

The gym or playground isn't the only place we can go to be active! Being a gardener or a farmer provides lots of opportunities to get exercise in a fun, new way. You could visit a pick-your-own berry farm with your family or pretend you are on field trip to the farm with this game that can be played anywhere. Spend 30 seconds to a minute doing each activity in the column to the right with your classroom, friends or family.

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

Checks: Please make checks payable to East China Food Service
Menu Subject to Change without Notice
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