



Holy Cross Lunch Menu

May & June 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 |
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| <p>2</p> <p>Cheese Quesadillas Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Fresh Apple Sweet Peaches</p> | <p>3</p> <p>Popcorn Chicken w/Bread Stick Seasoned Mixed Vegetables</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Power Peas Fresh Pear Chilled Applesauce</p> | <p>4</p> <p>French Toast Sticks Scrambled Eggs Potato Smiles</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Broccoli Florets Fresh Red Grapes Pineapple Tidbits</p> | <p><i>Cinco de Mayo</i> 5</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Rosy Applesauce Fresh Orange</p> | <p>6</p> <p>Pepperoni Pizza Whole Grain Crust Savory Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Sweet Peaches Red Delicious Apple</p> |
| <p>9</p> <p>French Bread Pizza Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Fresh Cherry Tomatoes Chilled Pears Fresh Orange Smiles <i>Strawberry Milk</i></p> | <p>10</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>11</p> <p>Foot Long Hot Dog w/Bun Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Fresh Baby Carrots Sliced Bananas w/Cinnamon Chilled Pears <i>Lucky Tray</i></p> | <p>12</p> <p>Turkey & Cheese Sub Carrot Sticks</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Sliced Cucumbers Cinnamon Applesauce Sweet Peaches</p> | <p>13</p> <p>Pancakes Turkey Sausage Patties Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Baby Carrots Pineapple Tidbits Red Delicious Apple</p> |
| <p>16</p> <p>Grilled Cheese Tomato Soup</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Power Peas Chilled Pears Fresh Orange Smiles</p> | <p>17</p> <p>Popcorn Chicken w/Dinner Roll BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Baby Carrots Strawberries Red Delicious Apple</p> | <p>18</p> <p>Waffles Scrambled Eggs Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Fresh Broccoli Florets Fresh Red Grapes Pineapple Tidbits <i>Birthday Treat</i></p> | <p>19</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>20</p> <p>Beef & Cheese Nachos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Mild Salsa Rosy Applesauce Fresh Orange</p> |
| <p>23</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>24</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 <i>Lucky Tray</i></p> | <p>25</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>26</p> | <p>27</p> |
| <p>30</p> <p>No School</p> | <p>31</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>1</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>2</p> <p>Soft Shell Beef Tacos Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Spinach & Romaine Salad Mild Salsa Fresh Banana Diced Pears</p> | <p>3</p> <p>Mozzarella Sticks w/Dipping Sauce Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Romaine Lettuce Blend Sliced Cucumbers Applesauce Orange</p> |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| <p>Chicken Patty w/Bun</p> | <p>Hot Dog w/Bun</p> | <p>Cheese Pizza Wedge</p> | <p>Popcorn Chicken w/Dinner Roll</p> | <p>Chicken Nuggets w/Dinner Roll</p> |

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May
Food Focus of the Month



Berry Good For You!

Most people want to eat foods that catch their attention and look fun to eat.

Berries fit the bill with their lively colors and unique shapes! Berries include the ever-popular strawberries, blueberries, and raspberries, but some others you may know are blackberries, cranberries, and boysenberries. These bright and colorful fruits are perfect for someone who wants to eat a healthy snack but has a craving for sweets!

Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.

You should try to eat at least a ½ cup of berries each day whether in fresh, frozen, dried, or 100% juice forms. Fresh fruit is delicious by itself or in yogurt parfaits but be sure to wash it first to make sure it's safe to eat. Dried fruit is a sweet addition to a salty trail mix or savory salad, and frozen fruit is great for making smoothies or is a cheaper option when berries aren't in season. Make a rainbow of choices when eating berries to keep your taste buds guessing and to reap the health benefits from the different varieties.

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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