



Holy Cross Lunch Menu

October 2016

Lunch Price: \$2.40 Reduced Price: \$.40 Ala Carte Milk \$0.50 Adult Lunch: \$3.75

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>3</p> <p>Chicken Alfredo w/Breadstick & Parmesan Cheese Steamed Broccoli</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>4</p> <p>Beef & Cheese Nachos Seasoned Pinto Beans Mild Sauce</p> <p><u>Fruit & Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p>5</p> <p>Pancakes Turkey Sausage Patties Blueberry Topping</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches</p>	<p>6</p> <p>Chicken Ranch Wrap Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p>	<p>7</p> <p>Crispy Chicken Tenders Sweet Potato Puffs</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits</p>
<p>10</p> <p>Cheese Quesadilla Seasoned Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>11</p> <p>Cheese Filled Bosco Sticks w/Dipping Sauce Cinnamon Glazed Carrots</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p>12</p> <p>French Toast Sticks with Turkey Sausage Strawberry Topping</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Fresh Banana Sweet Diced Peaches</p>	<p>14</p> <p>Ham & Cheese Chef Salad w/Dinner Roll Fresh Sugar Snap Peas</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p>	<p>15</p> <p>Pepperoni Pizza Savory Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits</p>
<p>17</p> <p>Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>18</p> <p>Waffles w/Scrambled Eggs Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p>19</p> <p>Popcorn Chicken w/Fresh Baked Biscuit Mashed Potatoes & Gravy</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches</p>	<p>20</p> <p>Chili Cheese Dog Tater Tots</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce Birthday Treat</p>	<p>21</p> <p>Bosco Sticks w/Dipping Sauce Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits</p>
<p>24</p> <p>Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p>25</p> <p>Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p>26</p> <p>Strawberry Yogurt Parfait w/Homemade Granola</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Fresh Banana Sweet Diced Peaches</p>	<p>27</p> <p>Pepperoni Pizza Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p>	<p>28</p> <p>BBQ Oven Roasted Chicken Drumstick w/Fresh Baked Biscuit Mashed Potatoes w/Gravy</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits Strawberry Milk</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yogurt Cup w/Blueberry Muffin, String Cheese & Cheddar Goldfish Crackers</p>	<p>Chicken Patty w/Bun</p>	<p>Grilled Cheese</p>	<p>Popcorn Chicken w/Dinner Roll</p>	<p>Beef Hot Dog on a Bun</p>

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October *Food Focus of the Month's*



Tree fruits are a broad category that contains both common and uncommon fruit. We've all heard of apples, pears, peaches, plums, nectarines, oranges, lemons, and limes. But did you know that pomegranates, coconut, starfruit, fig, guava, and jackfruit are also in this category? In addition, nuts such as pistachios, pecans, walnuts, and cashews are classified as tree fruits even though nutritionally they are very different.

As part of a healthy eating plan, between 1 and 2 cups of fruit are recommended every day. More active adolescents and adults should consume closer to 2 cups and younger children who don't need as many total calories should consume slightly less at 1 cup. Tree fruits are naturally full of nutrients including fiber, antioxidants, vitamins, and minerals. One large apple, for example, contains 20% of the recommended daily allowance of fiber, 7% potassium, and 8% of Vitamin C based on a 2,000 calorie diet.

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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