



## Holy Cross Lunch Menu November 2016

**Lunch Price: \$2.40 Reduced Price: \$.40 Ala Carte Milk/Snack: \$.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
31 Chicken Ranch Wrap Steamed Broccoli  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears <b>Lucky Tray</b>	1 Beef & Cheese Nachos Seasoned Pinto Beans Mild Sauce  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	2 Pancakes w/Syrup w/Turkey Sausage Patties Hash Brown  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	3 Cheese Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	4
7 Hot Dog w/bun BBQ Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears <b>Strawberry Milk</b>	8 Cheese Filled Bosco Sticks w/Dipping Sauce Cinnamon Glazed Carrots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	9 French Toast Sticks with Turkey Sausage Strawberry Topping  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Fresh Banana Sweet Diced Peaches	10 Ham & Cheese Chef Salad w/Dinner Roll Fresh Sugar Snap Peas  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	11 Pepperoni Pizza Savory Green Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits
14 Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	15 Waffles w/Scrambled Eggs Warm Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges <b>Lucky Tray</b>	16 Popcorn Chicken w/Fresh Baked Biscuit Mashed Potatoes & Gravy  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	17 Strawberry Yogurt Parfait w/Homemade Granola Baby Carrots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	18
21 Grilled Cheese w/Tomato Soup  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	22 <b>No School</b>	23 <b>No School</b>	24 <b>No School</b>	25 <b>No School</b>
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast w/Sausage Links	Chicken Nuggets	Cheeseburger w/Bun	Popcorn Chicken w/Dinner Roll	Beef Hot Dog on a Bun

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# **November** **Food Focus of the Month's**

## ***Legumes***

### **What is a legume?**

Legumes include a variety of beans and peas and are rich in high-quality protein, compared to other plant foods. They are classified as any plant species that have seed pods and split along both sides when ripe. Chick peas, kidney beans, soy beans, and black beans are just a few common types you may be familiar with. Less common types include adzuki, mung, or fava beans.

Legumes provide our bodies with many vitamins and minerals, including folate, iron, and zinc. They are also an excellent source of protein (the part of the food that forms bones, muscles, hair, and skin in our bodies) and dietary fiber, which helps keep us full, promotes a healthy digestive tract, and may also reduce the risk of heart disease and diabetes. Legumes are loaded with both soluble and insoluble fiber and contain no saturated fat, making them a great addition to a heart-healthy diet!

### **How much should you eat?**

One serving of this nutritious, super filling, high protein veggie is ½ cup. The Dietary Guidelines for Americans suggests we try to aim for around three servings ( or 1 ½ cups total) each week.

***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

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