



## Holy Cross Lunch Menu

December 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
28 Hot Dog/bun Steamed Broccoli  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	29 Beef & Cheese Nachos Seasoned Pinto Beans Mild Sauce  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	30 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	1 Cheese Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	2 Crispy Chicken Tenders Herb Breadstick Sweet Potato Puffs  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits <b>Lucky Tray</b>
5 Chicken Ranch Wrap BBQ Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears <b>Strawberry Milk</b>	6 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	7 French Toast Sticks with Turkey Sausage Sweet Potato Puffs  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Fresh Banana Sweet Diced Peaches	8 Cheesy Baked Pasta w/Garlic Breadstick Steamed Broccoli  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Cinnamon Applesauce	9 Pepperoni Pizza Savory Green Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits <b>Birthday Treat</b>
12 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	13 Waffles w/Scrambled Eggs Warm Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	14 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	15 Cheese Pizza Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	16 Chicken Patty/bun Potato Rounds  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Cinnamon Apple Slices Pineapple Tidbits <b>Lucky Tray</b>
<div> <div>Christmas Break December 19<sup>th</sup> – January 2<sup>nd</sup></div> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast w/Turkey Sausage Patty	Chicken Nuggets w/Dinner Roll	Hot Dog/bun	Popcorn Chicken w/Dinner Roll	Strawberry Yogurt Parfait

This institution is an equal opportunity provider

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



## Rooted in Nutrition

Beets, jicama, turnips, rutabaga, radishes, kohlrabi, and yucca are hardy root vegetables that pack a mean nutrient punch. These cousins to the cruciferous vegetable family provide ample disease fighting antioxidants, Vitamin C, and potassium, and can be easily roasted, boiled, or mashed like a potato.

Due to their hardy nature, root veggies can survive cold weather, and can be stored in the refrigerator for up to a month! They are a cost effective option for winter nutrition in cold climates when little else is growing. Jicama and radishes can be eaten raw and will give your salad a nice crunch, while beets, turnips and parsnips can be diced, roasted, and tossed with cinnamon for a savory side dish.

Look for these versatile veggies on your next trip to the grocery store or farmers market. They're easy to prepare (just wash, peel, chop), full of fiber, and fun to eat!

**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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