

## 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.

Hot Dog/bun Steamed Broccoll Seasoned Pitto Beans Mild Sauce  Fruit & Vegetable Bar Chopped Romains Statul Freih Bary Carrols Fire Brade Competer Romains Statul Freih Brade Carrols Fire Brade Competer Romains Statul Freih Brade Carrols Fire	vegetable choices may be available in the bar.					
Hot Dog/bun Steamed Broccoli Seasoned Pinto Beans Mild Sauce  Fruit & Vegetable Bar Chopped Romaine Salad Froit Baby Carrols Red Delicious Apple Chiled Diced Pears  Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Red Delicious Apple Chiled Mandarin Oranges  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Bay Carrols Fruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettruce Salad Fresh Barona Sweet Diced Peach  Pruit & Vegetable Bar Tomato & Lettru		<u> </u>	<u> </u>		<u> </u>	
Chopped Romaine Salds Fresh Paar Chilled Mandarin Oranges  Chiled Dear Ranch Wrap BBQ Beans  Chiled Mandarin Sald Fruit & Vegetable Bar Chopped Romaine Sald Fresh Charge Wedges Chiled Applesauce  Chiled Mandarin Oranges  Cheese Filled Bosco Sticks with Turkey Sausage Sweet Potato Puffs  Fruit & Vegetable Bar Chopped Romaine Sald Fresh Charge Wedges Chiled Applesauce  Cinnamon Glazed Carrots  Fruit & Vegetable Bar Tomato & Lettuce Sald Red Delicious Apple Chiled Mandarin Oranges  Fruit & Vegetable Bar Tomato & Lettuce Sald Red Delicious Apple Shoed Apple Shoed Delicious Apple Shoed Apple Shoed Delicious Apple Shoed Apple Shoed Delicious Apple Red Delicious Apple Shoed Delicious Apple Shoed Delicious Apple Shoed Delicious Apple Shoed Delicious Apple Red Delicious Apple Shoed Deliciou	Hot Dog/bun	Beef & Cheese Nachos Seasoned Pinto Beans	Pancakes w/Syrup w/Turkey Sausage Patties	Cheese Pizza	Crispy Chicken Tenders Herb Breadstick	
Chicken Ranch Wrap BBQ Beans Choped Romaine Salad Fruit & Vegetable Bar Chopped Romaine Salad Fresh Baty Carrots Red Delicious Apple Childed Diced Pears Strawberry Milk  12 Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa Fruit & Vegetable Bar Shredded Lettuce Fruit & Vegetable Bar Tomato & Lettuce Salad Fresh Bary Carrots Red Delicious Apple Childed Diced Pears Mild Salsa Fruit & Vegetable Bar Tomato & Lettuce Salad Fresh Bary Carrots Fresh Pear Childed Mandarin Oranges  12 Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa Fruit & Vegetable Bar Shredded Lettuce Fresh Bary Carrots Red Delicious Apple Childed Diced Pears Shredded Lettuce Fresh Bary Carrots Red Delicious Apple Childed Diced Pears  Fruit & Vegetable Bar Tomato & Lettuce Salad Fresh Bary Carrots Red Delicious Apple Childed Mandarin Oranges  Fruit & Vegetable Bar Tomato & Lettuce Fresh Bary Carrots Red Delicious Apple Childed Mandarin Oranges  Fruit & Vegetable Bar Tomato & Lettuce Fresh Bary Carrots Fresh Banana Sweet Diced Pears  Fruit & Vegetable Bar Tomato & Lettuce Fresh Bary Carrots Fresh Baroana Sweet Diced Pears  Fruit & Vegetable Bar Tomato & Lettuce Fruit & Vegetable Bar Chopped Romaine Lettuce Fresh Bary Childed Mandarin Oranges  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Childed Mandarin Oranges Fresh Banana Sweet Diced Peaches  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoli Chicken Patty/bun Potato Rounds  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoli Chicken Patty/bun Potato Rounds  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoli Chicken Patty/bun Potato Rounds  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoli Chicken Patty/bun Potato Rounds  Fresh Broccoli Chicken Patty/bun Potato Rounds  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoli Chicken Patty/bun Potato Rounds  Fresh Broccoli Chicken Patty-bun Potato Rounds  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Pea	Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple	Shredded Lettuce Sliced Cucumbers Fresh Pear	Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana	Tomato & Lettuce Salad Power Peas Fresh Orange Wedges	Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits	
Fruit & Vegetable Bar Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	Chicken Ranch Wrap	Cheese Filled Bosco Sticks w/Dipping Sauce	French Toast Sticks with Turkey Sausage	Cheesy Baked Pasta w/Garlic Breadstick	Savory Green Beans	
Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa  Fruit & Vegetable Bar Shredded Lettruce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears  Monday  Tuesday  Waffles  W/Scrambled Eggs W/Scrambled Eggs Warm Apple Slices  Fruit & Vegetable Bar Tomato & Lettruce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges  Fruit & Vegetable Bar Chopped Romaine Salad Fresh Cheery Tomatoes Fresh Baked Biscuit Mashed Potatoes & Gravy  Fruit & Vegetable Bar Chopped Romaine Salad Fresh Cheery Tomatoes Fresh Baked Biscuit Mashed Potatoes & Gravy  Fruit & Vegetable Bar Chopped Romaine Lettruce Fresh Banana Sweet Diced Peaches  Fresh Orange Wedges Chilled Applesauce  Fruit & Vegetable Bar Chopped Romaine Lettruce Fresh Orange Wedges Chilled Applesauce  Fruit & Vegetable Bar Chopped Romaine Lettruce Fresh Drange Wedges Chilled Applesauce  Fresh Orange Wedges Fresh Orange Wedges Chilled Applesauce  Fresh Orange Wedges Chilled Applesauce  Fresh Orange Wedges Fresh Orange Wedges Chilled Applesauce  Fresh Orange Wedges Fresh Orange W	Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears Strawberry Milk	Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	Chopped Romaine Salad Fresh Baby Carrots Fresh Banana	Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Cinnamon Applesauce	Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits Birthday Treat	
Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Mandarin Oranges  Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges  Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches  Fresh Banana Sweet Diced Peaches  Fresh Orange Wedges Chilled Applesauce  Christmas Break December 19 <sup>th</sup> — January 2 <sup>nd</sup> Monday  Tuesday  Wednesday  Fruit & Vegetable Bar Tomato & Lettuce Salad Power Peas Fresh Broccoil Cinnamon Apple Slices Pineapple Tidbits Lucky Tray  Tomato & Lettuce Salad Sliced Cucumbers Fresh Broccoil Chopped Romaine Lettuce Fresh Broccoil Cinnamon Apple Slices Pineapple Tidbits Lucky Tray  Wednesday  Thursday  Friday  Friday  French Toast  Chicken Nuggets  Hot Dog/bun  Popcorn Chicken  Strawberry Yogurt Parfait	Beef & Cheese Nachos Seasoned Refried Beans	Waffles w/Scrambled Eggs	Popcorn Chicken w/Fresh Baked Biscuit	Cheese Pizza	Chicken Patty/bun	
Monday Tuesday Wednesday Thursday Friday French Toast Chicken Nuggets Hot Dog/bun Popcorn Chicken Strawberry Yogurt Parfait	Shredded Lettuce Fresh Baby Carrots Red Delicious Apple	Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear	Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana	Tomato & Lettuce Salad Power Peas Fresh Orange Wedges	Chopped Romaine Lettuce Fresh Broccoli Cinnamon Apple Slices Pineapple Tidbits	
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	Monday	Tuesday	Wednesday	Thursday	Friday	
			Hot Dog/bun	•	Strawberry Yogurt Parfait	

## <u>November</u> <u>Food Focus of the Month's</u>



## 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 <a href="mailto:jhumphrey@ecsd.us">jhumphrey@ecsd.us</a>

Checks: Please make checks payable to East China Food Service

Menu Subject to Change without Notice

This institution is an equal opportunity provider.