




Holy Cross Lunch Menu

January 2017

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
	3 Grilled Cheese w/Tomato Soup <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	4 Chicken Patty w/Bun Potato Rounds <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Peaches	5 Stuffed Crust Pepperoni Pizza Steamed Corn <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	6 Breaded Chicken Drumstick Fresh Baked Biscuit Mashed Potatoes w/Gravy <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Banana Pineapple Tidbits
9 Hot Dog/bun Potato Rounds <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	10 Beef & Cheese Nachos Seasoned Refried Beans Mild Sauce <u>Fruit & Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	11 Pancakes w/Syrup w/Turkey Sausage Patties Hash Brown <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	12 Cheese Pizza Wedge Steamed Corn <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	13 Beef Ravioli Steamed Carrots <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits <i>Birthday Treat</i>
16	17 Sloppy Joe w/Bun Steamed Corn <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Red Grapes Chilled Mandarin Oranges <i>Strawberry Milk</i>	18 French Toast Sticks with Turkey Sausage Sweet Potato Puffs <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Cinnamon Apple Slices Sweet Diced Peaches	19 Cheesy Baked Pasta w/Garlic Breadstick Steamed Broccoli <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Cinnamon Applesauce	20 Chicken Tenders w/Dinner Roll BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Banana Pineapple Tidbits <i>Lucky Tray</i>
23 Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa <u>Fruit & Vegetable Bar</u> Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	24 Waffles w/Scrambled Eggs Warm Apple Slices <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Mixed Fruit Chilled Mandarin Oranges	25 Popcorn Chicken w/Fresh Baked Biscuit Mashed Potatoes & Gravy <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	26 Cheese Pizza Golden Corn <u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	27 Chicken Patty/bun Potato Rounds <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Cinnamon Apple Slices Pineapple Tidbits
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast w/Turkey Sausage Patty	Chicken Nuggets w/Dinner Roll	Bosco Sticks w/Dipping Sauce	Popcorn Chicken w/Dinner Roll	Hot Dog/bun

This institution is an equal opportunity provider

January
Food Focus of the Month's



Going Green Never Tasted So Great!

Dark leafy greens are nutrition champions—they're chock full of vitamins and minerals that have been shown to improve our health and protect us from many illnesses and diseases. In particular, dark leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much and helps build strong bones. It is recommended that kids eat 1 to 2 cups of dark leafy greens per week. The dark leafy green food group includes lettuce, kale, chard, bokchoy, broccoli, spinach, turnip greens, watercress, collard greens. Be sure to eat a variety to get the most nutrition!

Try these great ways to fill up on your leafy greens:

- Make a colorful salad using lettuce by adding a variety of fruits and vegetables. Add lettuce to your favorite sandwich or wrap!
- Bake kale chips in the oven with a drizzle of olive oil. Add kale to smoothies, soups, salads and sandwiches.
- Chard makes a delicious and unexpected pizza topping. Sauté chard with fresh garlic and olive oil and drizzle with fresh lemon juice and parmesan cheese before serving for a simple, refreshing side dish.

Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or
jhumphrey@ecsd.us

Checks: Please make checks payable to East China Food Service

Menu Subject to Change without Notice

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