




## Holy Cross Lunch Menu

February 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
30	<b>Taco Tuesday</b> 31 Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	1 Popcorn Chicken w/Dinner Roll Potato Rounds  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Broccoli Red Delicious Apple Chilled Diced Peaches	2 Stuffed Crust Pepperoni Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	3 <b>Super Bowl Celebration</b> Boneless Chicken Wings Ranch or BBQ Sauce for Dipping Fresh Baked Biscuit Potato Rounds  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Baby Carrots Banana Pineapple Tidbits <b>Lucky Tray-Football</b>
6 Hot Dog/bun Potato Rounds  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	7 Beef & Cheese Nachos Seasoned Refried Beans Mild Sauce  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Mixed Fruit Chilled Mandarin Oranges	8 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	9 <b>National Pizza Day</b> Cheese Pizza Wedge Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	10 Beef Ravioli w/Dinner Roll Sliced Carrots  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits <b>BirthDay Treat – Orange Sorbet</b>
13 Bosco Sticks w/Dipping Sauce Sliced Carrots  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cauliflower Red Delicious Apple Chilled Diced Pears	14 Sloppy Joe w/Bun Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Red Grapes Rosy Applesauce <b>Lucky Tray-Valentine Fruit Snack</b> 	15 French Toast Sticks with Turkey Sausage Sweet Potato Puffs  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Cinnamon Apple Slices Sweet Diced Peaches	16 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	17 <b>No School</b>
20 <b>No School</b>	21 Waffles w/Scrambled Eggs Warm Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Mixed Fruit Chilled Mandarin Oranges	22 <b>New Item</b> Personal Cheese Pizza Golden Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	23 Strawberry Yogurt Parfait w/Homemade Granola Baby Carrots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	24 Popcorn Chicken w/Fresh Baked Biscuit Mashed Potatoes & Gravy  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Apple Pineapple Tidbits
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Yogurt Cups, Choc. Chip Muffin & String Cheese	Chicken Nuggets w/Dinner Roll	Corn Dog on a Stick	Popcorn Chicken w/Dinner Roll	French Toast w/Turkey Sausage Patty

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



**Buy Spices In Bulk!**

Because of how long they last, it's safe to buy more and save. Whole spices (like peppercorn) will stay fresh for about 4 years, ground spices (like turmeric, ginger, garlic powder) for about 2 to 3 years and dried herbs (like basil, oregano, or thyme) for 1 to 3 years.

**Blend Up Some Flavor!**

Whey protein is known for its awesome muscle building power. Great news for our families -we don't need to buy expensive powders to reap the benefits. Try a **Cinnamon Apple Protein Smoothie**: Blend 1 cup vanilla Greek yogurt, ½ cup apple juice, and 1 tsp cinnamon a blender with 1 cup of ice. Drink up after a big game or workout for filling recovery!

**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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