



Holy Cross Lunch Menu March 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
<p style="text-align: right;">27</p> <p>Popcorn Chicken w/Dinner Roll Potato Rounds</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p style="text-align: right;">28</p> <p>Taco Tuesday Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges</p>	<p style="text-align: right;">1</p> <p>Ash Wednesday Grilled Cheese w/Tomato Soup Goldfish Cheddar Crackers</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Broccoli Red Delicious Apple Chilled Diced Peaches</p>	<p style="text-align: right;">2</p> <p>Dr Seuss's Birthday Stuffed Crust Pepperoni Pizza Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p> <p>Dr. Seuss Pencil</p> 	<p style="text-align: right;">3</p> <p>Bosco Sticks w/Dipping Sauce Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Baby Carrots Banana Pineapple Tidbits</p>
<p style="text-align: right;">6</p> <p>Hot Dog/bun Potato Rounds</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p style="text-align: right;">7</p> <p>"C" Day Cheese Pizza Corn Chocolate Chip Cookie</p> <p><u>Fruit & Vegetable Bar</u> Carrots Cucumbers Cantaloupe Chunks Cherry Applesauce</p>	<p style="text-align: right;">8</p> <p>Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches</p>	<p style="text-align: right;">9</p> <p>Pancakes w/Syrup w/Scrambled Eggs Hash Brown</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p>	<p style="text-align: right;">10</p> <p>Fish Sticks w/Dinner Roll Sliced Carrots</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits</p> <p>Birthday Treat –Mini Ice Cream Sandwich</p>
<p style="text-align: right;">13</p> <p>Bosco Sticks w/Dipping Sauce Sliced Carrots</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cauliflower Red Delicious Apple Chilled Diced Pears</p>	<p style="text-align: right;">14</p> <p>Sloppy Joe w/Bun Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Red Grapes Rosy Applesauce</p>	<p style="text-align: right;">15</p> <p>French Toast Sticks with Turkey Sausage Sweet Potato Puffs</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Cinnamon Apple Slices Sweet Diced Peaches</p>	<p style="text-align: right;">16</p> <p>Cheeseburger Potato Rounds</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Cinnamon Applesauce</p>	<p style="font-size: 4em;">✻</p>
<p style="text-align: right;">20</p> <p>First Day of Spring Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p> <p>Lucky Tray- Kite</p>	<p style="text-align: right;">21</p> <p>Waffles w/Scrambled Eggs Warm Apple Slices</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Mixed Fruit Chilled Mandarin Oranges</p>	<p style="text-align: right;">22</p> <p>Personal Cheese Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches</p>	<p style="text-align: right;">23</p> <p>Strawberry Yogurt Parfait w/Homemade Granola Baby Carrots</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p> <p>Strawberry Milk</p>	<p style="text-align: right;">24</p> <p>Grilled Cheese Oven Fries</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Apple Pineapple Tidbits</p>
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Chicken Nuggets	Hot Dog w/Bun	Popcorn Chicken w/Dinner Roll	French Toast w/Scrambled Eggs

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March
Food Focus of the Month's



Crucifer-Awesome!

Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, bokchoy, collard greens, and kohlrabi. The cruciferous family of vegetables takes its name cruciferous (meaning "cross-bearing") from the shape of the plants' flowers, which have four petals resembling a cross. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals. Nearly all are excellent or good sources of vitamin C and some are good sources of manganese. Dark greens are high in vitamin K. The specific phytochemicals (fight-o-chemicals) found in these veggies can also prevent disease.

These vegetables can be eaten raw, roasted or baked with olive oil or they also taste great as an addition to soup, salad, and stir-fry. A serving of vegetables is a half cup, but for some raw veggies, like broccoli, cauliflower, kale, and cabbage, you need 1 cup to count for a serving. Cooked vegetables like Brussels sprouts and steamed broccoli, kale, and cabbage count as a half cup cooked equals one serving.

The amount of fruits and vegetables you need depends on your age, gender and the amount of physical activity you get every day, though a good rule of thumb is to make half of every meal fruits and vegetables. We all have our favorite (and least favorite) vegetables, but keep in mind it's important to eat various colors of fruits and vegetables to help your body get all the nutrients you need. Making meals more interesting with different colors, textures, and flavors can also help you stick to healthy eating habits and get your recommended servings every day. Check out www.choosemyplate.gov to find out the right amount for you.

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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