



Holy Cross Lunch Menu

May 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>1</p> <p>Stuffed Crust Pepperoni Pizza Steamed Corn</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>2</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>3</p> <p>Pancakes with Turkey Sausage Hash Brown</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Broccoli Red Delicious Apple Chilled Diced Peaches</p>	<p>4</p> <p>Pasta with Italian Meat Sauce W/Cinnamon Breadstick Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce</p>	<p>5</p> <p>CINCO DE MAYO Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Baby Carrots Banana Pineapple Tidbits</p>
<p>8</p> <p>Boneless Chicken Wings w/Dipping Sauce Fresh Baked Biscuit Sweet Potato Bites</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>9</p> <p>Cheese Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Baby Carrots Power Peas Red Grapes Cinnamon Applesauce Strawberry Milk</p>	<p>10</p> <p>Hot Dog w/Bun BBQ Baked Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Orange Wedges Sweet Diced Peaches</p>	<p>11</p> <p>Grilled Cheese Tomato Soup</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Banana Strawberry Cup</p>	<p>12</p> <p>Colby Cheese Omelet W/Cinnamon Breadstick Potato Smiles</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Apple Pineapple Tidbits</p>
<p>15</p> <p>Walking Taco W/Cinnamon Bread Stick Seasoned Refried Beans</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cauliflower Red Delicious Apple Chilled Diced Pears</p>	<p>16</p> <p>Bosco Sticks w/Sauce Sliced Carrots</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Red Grapes Rosy Applesauce</p>	<p>17</p> <p>Mini Blueberry Pancakes 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>18</p> <p>Cheesy Baked Pasta Garlic Bread Green Beans</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce Birthday Cookie</p>	<p>19</p> <p>Chicken Nuggets w/Dinner Roll Mashed Potatoes & Gravy</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Baby Carrots Cinnamon Banana Slices Pineapple Tidbits</p>
<p>22</p> <p>Chicken Tenders w/Fresh Baked Biscuit Oven Potato Rounds</p> <p><u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears</p>	<p>23</p> <p>Pepperoni Pizza Golden Corn</p> <p><u>Fruit & Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Mixed Fruit Strawberry Cup</p>	<p>24</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>25</p>	<p>26</p> <p>No School</p>
<p>Monday</p> <p>Cereal, Yogurt & String Cheese</p>	<p>Tuesday</p> <p>French Toast Sticks w/Scrambled Eggs</p>	<p>Wednesday</p> <p>Strawberry Yogurt Parfait w/Homemade Granola</p>	<p>Thursday</p> <p>Popcorn Chicken w/Dinner Roll</p>	<p>Friday</p> <p>Pizza Fun Lunch- Goldfish Bread, Pizza Sauce & Cheese</p>

Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or

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Menu Subject to Change without Notice

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May
Food Focus of the Month



Berry Good For You!

Most people want to eat foods that catch their attention and look fun to eat. Berries fit the bill with their lively colors and unique shapes! Berries include the ever-popular strawberries, blueberries, and raspberries, but some others you may know are blackberries, cranberries, and boysenberries. These bright and colorful fruits are perfect for someone who wants to eat a healthy snack but has a craving for sweets!

Berries are packed with important vitamins and nutrients, such as vitamin C, antioxidants, and fiber. These are all helpful in keeping your body healthy. Some of those nutrients have been shown to help build your immune system so you can fight off illnesses, control blood sugar for people with diabetes, and protect against many forms of cancer.

You should try to eat at least a ½ cup of berries each day whether in fresh, frozen, dried, or 100% juice forms. Fresh fruit is delicious by itself or in yogurt parfaits but be sure to wash it first to make sure it's safe to eat. Dried fruit is a sweet addition to a salty trail mix or savory salad, and frozen fruit is great for making smoothies or is a cheaper option when berries aren't in season. Make a rainbow of choices when eating berries to keep your taste buds guessing and to reap the health benefits from the different varieties.

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Checks: Please make checks payable to East China Food Service

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