



## Holy Cross Lunch Menu June 2017

**Lunch Price: \$2.40 Reduced Price: \$.40 Ala Carte Milk/Snack: \$.25, \$.50 or \$.75 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
<b>No School Memorial Day</b> <small>29</small>	<b>Taco Tuesday</b> <small>30</small> Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	<small>31</small> Pancakes with Turkey Sausage Hash Brown  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Broccoli Red Delicious Apple Chilled Diced Peaches	<small>1</small> Pepperoni Pizza Green Beans  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce  <b>Strawberry Milk</b>	<small>2</small>
Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger w/Bun	French Toast Sticks w/Scrambled Eggs	Chicken Ranch Wrap	Popcorn Chicken w/Dinner Roll	Mini Pancakes w/Turkey Sausage Patty

**Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or [jhumphrey@ecsd.us](mailto:jhumphrey@ecsd.us)**

This institution is an equal opportunity provider.

June  
*Food Focus of the Month*



SUMMER VEGETABLES

## **Have FUN in the SUN!**

Summertime is a great time of year to get physical activity outside. If you have a group of people, put on a friendly game of baseball, play a fun game of tag or have a relay race. Take advantage of those sunny days and go for walks, ride bikes, play on a nearby playground, go hiking or cool off with a swim. Don't forget your sunscreen!

## **Did You Know?**

- Cucumbers are 96% water.
- Peppers were named by Christopher Columbus and Spanish explorers who were searching for peppercorn plants to produce black pepper.
- Peas have been found in historical sites dating nearly 10,000 years old.

*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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