



Holy Cross Lunch Menu

September 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
4	5	6	7	8
	Chicken Nuggets w/Dinner Roll Baked Potato Rounds <u>Fruit & Vegetable Bar</u> Fresh Sugar Snap Peas Chopped Romaine Diced Pears Fresh Red Apple	Chicken Patty w/Bun Roasted Fresh Green Beans <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Sliced Cucumbers Orange Wedge Chilled Applesauce Lucky Tray- Welcome back to school pencil	Creamy Macaroni & Cheese w/Dinner Roll Classic Baked Beans <u>Fruit & Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Red Grapes Chilled Mixed Fruit	Waffles w/Turkey Sausage Patties Warm Baked Apples <u>Fruit & Vegetable Bar</u> Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple
11	12	13	14	15
Beef Hot Dog BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Coleslaw Fresh Broccoli Red Delicious Apple Chilled Diced Pears	Beef & Cheese Nachos w/Lettuce & Tomatoes <u>Fruit & Vegetable Bar</u> Fresh Celery Sticks Chopped Romaine Orange Wedges Cinnamon Applesauce	Grilled Cheese Sandwich w/Tomato Soup Seasoned Peas <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Caesar Salad Fresh Pears Sweet Diced Peaches	Pancakes w/Turkey Sausage Sweet Potato Puffs <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Fresh Apple Pineapple Tidbits	Penne Pasta w/Meatballs Seasoned Zucchini <u>Fruit & Vegetable Bar</u> Fresh Baby Carrots Fresh Cauliflower Fresh Orange Chilled Applesauce Give Away
18	19	20	21	22
National Cheeseburger Day Classic American Cheeseburger Cinnamon Glazed Carrots <u>Fruit & Vegetable Bar</u> Caesar Salad Fresh Broccoli Fresh Watermelon Chilled Diced Pears	Taco Tuesday Beef Soft Tacos(2) Seasoned Pinto Beans Mild Salsa <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Chopped Romaine Orange Smiles Rosy Applesauce	French Toast Sticks w/Scrambled Eggs Baked Potato Rounds <u>Fruit & Vegetable Bar</u> Caesar Salad Fresh Baby Carrots Cinnamon Apple Slices Sweet Diced Peaches	Chicken Alfredo w/Warm Breadstick Broccoli w/Cheese <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Lettuce Fresh Orange Wedges Chilled Applesauce Birthday Cookie	Pepperoni Pizza Steamed Corn <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Cauliflower Fresh Apple Chilled Mixed Fruit
25	26	27	28	29
Chicken Parmesan w/Pasta Carrot "Fries" <u>Fruit & Vegetable Bar</u> Baby Carrots Fresh Broccoli Red Delicious Apple Chilled Diced Pears	Sweet and Sour Chicken W/Rice Seasoned Peas <u>Fruit & Vegetable Bar</u> Fresh Celery Sticks Chopped Romaine Orange Wedges Cinnamon Applesauce Lucky Tray- Front of the Line for a week	Walking Taco W/Cinnamon Bread Stick Seasoned Broccoli <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Caesar Salad Fresh Cantaloupe Sweet Diced Peaches	Cheese Quesadilla w/Mild Salsa Seasoned Refried Beans <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Fresh Orange Chilled Applesauce Strawberry Milk	Chicken Tenders w/Waffle & Syrup Golden Corn <u>Fruit & Vegetable Bar</u> Power Peas Fresh Cauliflower Red Apple Pineapple Tidbits
Monday	Tuesday	Wednesday	Thursday	Friday
Strawberry Yogurt Parfait w/Homemade Granola	Cheese Pizza	Yogurt, Muffin & Goldfish Fun Lunch	Popcorn Chicken w/Dinner Roll	Crispy Chicken Caesar Salad w/Homemade Croutons

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September
Food Focus of the Month



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!

LOL: What herb do people always wish they had more of?

Thyme!

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

Checks: Please make checks payable to East China Food Service or Pay Schools online through Skyward

Menu Subject to Change without Notice

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