



Holy Cross Lunch Menu October 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
² Bosco Sticks w/Dipping Sauce Steamed Baby Carrots <u>Fruit & Vegetable Bar</u> Fresh Pear Chilled Peaches Mixed Greens Fresh Broccoli	³ Classic American Cheeseburger Baked Potato Rounds <u>Fruit & Vegetable Bar</u> Fresh Sugar Snap Peas Chopped Romaine Diced Pears Fresh Red Apple	⁴ <i>National Taco Day</i> Beef Soft Shell Tacos Roasted Fresh Green Beans <u>Fruit & Vegetable Bar</u> Shredded Romaine Sliced Cucumbers Fresh Banana Chilled Applesauce	⁵ <i>I ♥ Pasta</i> 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 <i>Give Away</i>	⁶ Waffles w/Sausage Patty Warm Baked Apples <u>Fruit & Vegetable Bar</u> Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple
<i>National School Lunch Week – Lucky Tray Everyday October 9th - 13th</i>				
⁹ Beef Hot Dog BBQ Baked Beans <u>Fruit & Vegetable Bar</u> Creamy Coleslaw Fresh Broccoli Red Delicious Apple Chilled Diced Pears	¹⁰ Beef & Cheese Nachos w/Lettuce & Tomatoes <u>Fruit & Vegetable Bar</u> Fresh Celery Sticks Chopped Romaine Orange Wedges Cinnamon Applesauce	¹¹ Grilled Cheese Sandwich w/Tomato Soup Seasoned Peas <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Mixed Greens Fresh Pears Sweet Diced Peaches	¹² Pancakes w/Turkey Sausage Sweet Potato Puffs <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Fresh Apple Pineapple Tidbits	¹³ <i>I ♥ Pasta</i> Penne Pasta w/Meatballs Seasoned Zucchini <u>Fruit & Vegetable Bar</u> Fresh Baby Carrots Fresh Cauliflower Fresh Orange
¹⁶ Homemade Cheese Pizza Cinnamon Glazed Carrots <u>Fruit & Vegetable Bar</u> Mixed Greens Fresh Broccoli Red Apple Chilled Diced Pears	¹⁷ <i>Taco Tuesday</i> Beef Soft Tacos(2) Seasoned Pinto Beans Mild Salsa <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Chopped Romaine Fresh Pear Rosy Applesauce	¹⁸ French Toast Sticks w/Scrambled Eggs Warm Baked Apple Slices <u>Fruit & Vegetable Bar</u> Mixed Greens Fresh Baby Carrots Apple Juice Sweet Diced Peaches	¹⁹ <i>I ♥ Pasta</i> Pizza Pasta Bake w/Warm Breadstick Broccoli w/Cheese <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Lettuce Fresh Orange Wedges Chilled Applesauce <i>Birthday Treat</i>	²⁰ Mini Corn Dogs Tater Tots <u>Fruit & Vegetable Bar</u> Chopped Romaine Lettuce Fresh Cauliflower Red Grapes Chilled Mixed Fruit
²³ <i>I ♥ Pasta</i> Chicken Parmesan w/Spaghetti & Sauce Roasted Carrot "Fries" <u>Fruit & Vegetable Bar</u> Baby Carrots Fresh Broccoli Red Apple Chilled Diced Pears	²⁴ Strawberry Yogurt Parfait w/Homemade Granola Seasoned Peas <u>Fruit & Vegetable Bar</u> Fresh Celery Sticks Chopped Romaine Orange Wedges Cinnamon Applesauce	²⁵ Cheese Quesadilla w/Mild Salsa Seasoned Refried Beans <u>Fruit & Vegetable Bar</u> Sliced Cucumbers Caesar Salad Fresh Cantaloupe Sweet Diced Peaches	²⁶ Walking Taco W/Cinnamon Bread Stick Seasoned Broccoli <u>Fruit & Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Fresh Pear Chilled Applesauce <i>Strawberry Milk</i>	²⁷
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Fun Lunch w/ Cereal, Yogurt & String Cheese	Chicken Nuggets w/Dinner Roll	Homemade Pepperoni Pizza	Popcorn Chicken w/Dinner Roll	Pizza Fun Lunch w/ Goldfish Bread, Pizza Sauce & Cheese

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October
Food Focus of the Month



All About Tree Fruits

Tree fruits are a broad category that contains both common and uncommon fruit. We've all heard of apples, pears, peaches, plums, nectarines, oranges, lemons, and limes. But did you know that pomegranates, coconut, starfruit, fig, guava, and jackfruit are also in this category? In addition, nuts such as pistachios, pecans, walnuts, and cashews are classified as tree fruits even though nutritionally they are very different.

As part of a healthy eating plan, between 1 and 2 cups of fruit are recommended every day. More active adolescents and adults should consume closer to 2 cups and younger children who don't need as many total calories should consume slightly less at 1 cup. Tree fruits are naturally full of nutrients including fiber, antioxidants, vitamins, and minerals. One large apple, for example, contains 20% of the recommended daily allowance of fiber, 7% potassium, and 8% of Vitamin C based on a 2,000 calorie diet.

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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