



## Holy Cross Lunch Menu November 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
<p style="text-align: right;">30</p> <p>Bosco Sticks w/Dipping Sauce Steamed Baby Carrots</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Pear Chilled Peaches Mixed Greens Fresh Broccoli</p> <p><i>Lucky Tray-Halloween</i></p>	<p style="text-align: right;">31</p> <p>Classic American Cheeseburger Baked Potato Rounds</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Sugar Snap Peas Chopped Romaine Diced Pears Fresh Red Apple</p>	<p style="text-align: right;">1</p> <p>French Toast Sticks w/Sausage Patty Warm Baked Apples</p> <p><u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Sliced Cucumbers Fresh Banana Chilled Applesauce</p>	<p style="text-align: right;">2</p> <p>Hot Dog w/Bun <i>Classic Baked Beans</i></p> <p><u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Red Grapes Chilled Mixed Fruit</p> <p><i>Give Away</i></p>	<p style="text-align: right;">3</p> <p><i>National Sandwich Day</i> Turkey &amp; Cheese Sub Oven Fries</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple</p>
<p style="text-align: right;">6</p> <p>Oven Roasted Chicken w/Dinner Roll Golden Corn</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Baby Carrots Fresh Broccoli Red Delicious Apple Chilled Diced Pears</p> <p><i>Lucky Tray- Front of the Line for a week</i></p>	<p style="text-align: right;">7</p> <p>Beef &amp; Cheese Nachos <i>Refried Beans</i></p> <p><u>Fruit &amp; Vegetable Bar</u> Mild Salsa Shredded Romaine Fresh Pear Cinnamon Applesauce</p>	<p style="text-align: right;">8</p> <p>Grilled Cheese Sandwich w/Tomato Soup Seasoned Peas</p> <p><u>Fruit &amp; Vegetable Bar</u> Sliced Cucumbers Mixed Greens Fresh Pears Sweet Diced Peaches</p>	<p style="text-align: right;">9</p> <p>Pancakes w/Turkey Sausage Apple Juice</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Carrot Sticks Chopped Romaine Fresh Apple Pineapple Tidbits</p>	<p style="text-align: right;">10</p>
<p style="text-align: right;">13</p> <p>Pepperoni Pizza Cinnamon Glazed Carrots</p> <p><u>Fruit &amp; Vegetable Bar</u> Mixed Greens Fresh Broccoli Red Apple Chilled Diced Pears</p>	<p style="text-align: right;">14</p> <p><i>Taco Tuesday</i> Beef Soft Tacos(2) <i>Seasoned Pinto Beans</i> Mild Salsa</p> <p><u>Fruit &amp; Vegetable Bar</u> Sliced Cucumbers Chopped Romaine Fresh Pear Rosy Applesauce</p>	<p style="text-align: right;">15</p> <p>French Toast Sticks w/Scrambled Eggs Warm Baked Apple Slices</p> <p><u>Fruit &amp; Vegetable Bar</u> Mixed Greens Fresh Baby Carrots Apple Juice Sweet Diced Peaches</p>	<p style="text-align: right;">16</p> <p>Corn Dog on a Stick Steamed Broccoli</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Cherry Tomatoes Chopped Romaine Lettuce Pineapple Chunks Chilled Applesauce</p> <p><i>Birthday Treat</i></p>	<p style="text-align: right;">17</p>
<p style="text-align: right;">20</p> <p>Chicken Patty on a Bun Roasted Carrot "Fries"</p> <p><u>Fruit &amp; Vegetable Bar</u> Baby Carrots Fresh Broccoli Red Apple Chilled Diced Pears</p> <p><i>Lucky Tray</i></p>	<p style="text-align: right;">21</p> <p>Strawberry Yogurt Parfait w/Homemade Granola Seasoned Peas</p> <p><u>Fruit &amp; Vegetable Bar</u> Fresh Celery Sticks Chopped Romaine Orange Wedges Cinnamon Applesauce</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">No School Thanksgiving Recess</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">No School Thanksgiving Recess</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">No School Thanksgiving Recess</p>
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Fun Lunch w/ Cereal, Yogurt & String Cheese	Chicken Nuggets w/Dinner Roll	Bosco Sticks w/Dipping Sauce	Popcorn Chicken w/Dinner Roll	Hot Dog w/Bun

This institution is an equal opportunity provider.

**November**  
**Food Focus of the Month**  
***Legumes***

## What is a legume?

Legumes include a variety of beans and peas and are rich in high-quality protein, compared to other plant foods. They are classified as any plant species that have seed pods and split along both sides when ripe. Chick peas, kidney beans, soy beans, and black beans are just a few common types you may be familiar with. Less common types include adzuki, mung, or fava beans.

Legumes provide our bodies with many vitamins and minerals, including folate, iron, and zinc. They are also an excellent source of protein (the part of the food that forms bones, muscles, hair, and skin in our bodies) and dietary fiber, which helps keep us full, promotes a healthy digestive tract, and may also reduce the risk of heart disease and diabetes. Legumes are loaded with both soluble and insoluble fiber and contain no saturated fat, making them a great addition to a heart-healthy diet!

## How much should you eat?

One serving of this nutritious, super filling, high protein veggie is ½ cup. The Dietary Guidelines for Americans suggests we try to aim for around three servings ( or 1 ½ cups total) each week.

**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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