

# KID'S STOP Cafe



eat. learn. live.

## Holy Cross Lunch Menu November 27<sup>th</sup> - December 2017

Lunch Price: \$2.40 Reduced Price: \$.40

Ala Carte Milk, Juice & Water: \$.50/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	
27 Warm Pretzel Sticks w/Cheddar Cheese Dip Fresh Broccoli Baby Carrots Fresh Pear Chilled Peaches	28 Cheeseburger w/Bun Baked Tater Tots Chopped Romaine Fresh Apple Diced Pears	29 French Toast Sticks w/Sausage Patty Chopped Romaine Sliced Cucumbers Fresh Banana Baked Apples Slices	30 Hot Dog w/Bun Classic Baked Beans Chopped Romaine Salad Red Grapes Chilled Mixed Fruit <b>Give Away-Matching Card Game</b>	1 Stuffed Crust Pepperoni Pizza Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple	
<b>National Cookie Day</b> 4 Chicken Rings w/Dinner Roll Mashed Potatoes & Gravy Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears <b>Cookie with Lunch</b>	5 Beef & Cheese Nachos Refried Beans Mild Salsa Shredded Romaine Fresh Pear Cinnamon Applesauce	6 Mini Maple Waffles w/Turkey Sausage Hash Brown Patty Mixed Greens Diced Peaches Apple Juice	7 Grilled Cheese w/Tomato Soup Sliced Fresh Radishes Chopped Romaine Fresh Apple Pineapple Tidbits	8 <b>Special Treat Day!</b> Penne Pasta w/Meatballs Chopped Romaine Fresh Cauliflower Mixed Fruit <b>Frozen Fruit Treat- "Sidekicks"</b>	
11 Pepperoni Pizza Cinnamon Glazed Carrots Fresh Broccoli Red Apple Chilled Diced Pears	<b>Taco Tuesday</b> 12 Beef Soft Tacos(2) Seasoned Pinto Beans Mild Salsa Chopped Romaine Fresh Pear Rosy Applesauce	13 French Toast Sticks w/Scrambled Eggs Mixed Greens Fresh Baby Carrots Apple Juice Sweet Diced Peaches	14 Cheesy French Bread w/Dipping Sauce Steamed Broccoli Fresh Cherry Tomatoes Pineapple Chunks Chilled Applesauce	15 6 Mini Corndogs Mashed Potatoes & Gravy Chopped Romaine Fresh Apple Chilled Mixed Fruit <b>Birthday Treat-Rice Krispie Treat</b>	
18 Chicken Patty on a Bun Roasted Carrot "Fries" Mixed Greens Red Apple Chilled Diced Pears <b>Lucky Tray-Funny Face Snowballs</b>	19 Walking Taco W/Cinnamon Bread Stick Refried Beans w/Cheese Fresh Broccoli Fresh Pear Chilled Applesauce	20-21 Christmas Recess December 20- January 2			22
Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Dog w/Bun	Chicken Nuggets w/Dinner Roll	Turkey & Cheese Ciabatta	Popcorn Chicken w/Dinner Roll	Bosco Sticks w/Dipping Sauce	

This institution is an equal opportunity provider.

# Merry Christmas

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Cafe



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## December Food Focus of the Month

# ROOT VEGETABLES

### Rooted in Nutrition

Beets, jicama, turnips, rutabaga, radishes, kohlrabi, and yucca are hardy root vegetables that pack a mean nutrient punch. These cousins to the cruciferous vegetable family provide ample disease fighting antioxidants, Vitamin C, and potassium, and can be easily roasted, boiled, or mashed like a potato.

Due to their hardy nature, root veggies can survive cold weather, and can be stored in the refrigerator for up to a month! They are a cost effective option for winter nutrition in cold climates when little else is growing. Jicama and radishes can be eaten raw and will give your salad a nice crunch, while beets, turnips and parsnips can be diced, roasted, and tossed with cinnamon for a savory side dish.

Look for these versatile veggies on your next trip to the grocery store or farmers market. They're easy to prepare (just wash, peel, chop), full of fiber, and fun to eat!

**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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