



Holy Cross Lunch Menu

January 2018

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
1	2	3 Grilled Cheese Sandwich w/Tomato Soup Baby Carrots Fresh Red Apple Mixed Fruit	4 Pancakes W/Sausage Potato Puffs Baby Carrots Chilled Applesauce	5 Chicken Tenders w/Waffle Golden Corn Sweet Peas Pineapple Chunks
8 Warm Pretzel Sticks w/Cheddar Cheese Dip Steamed Broccoli Baby Carrots Cinnamon Applesauce Chilled Peaches	9 Cheeseburger w/Bun Baked Tater Tots Chopped Romaine Fresh Apple Diced Pears	10 French Toast Sticks w/Sausage Patty Chopped Romaine Sliced Cucumbers Fresh Banana Baked Apples Slices	11 Hot Dog w/Bun Classic Baked Beans Chopped Romaine Salad Red Grapes Chilled Mixed Fruit	12 Stuffed Crust Pepperoni Pizza Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple
15	16 Beef & Cheese Nachos Refried Beans Mild Salsa Shredded Romaine Fresh Pear Cinnamon Applesauce	17 Mini Maple Waffles w/Turkey Sausage Hash Brown Patty Mixed Greens Diced Peaches Apple Juice	18 Cheesy French Bread w/Dipping Sauce Steamed Broccoli Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	19
22 Pepperoni Pizza Cinnamon Glazed Carrots Fresh Broccoli Red Apple Chilled Diced Pears	23 <i>Taco Tuesday</i> Beef Soft Tacos(2) Seasoned Pinto Beans Mild Salsa Chopped Romaine Fresh Pear Rosy Applesauce <i>Lucky Tray- Front of the Line for a week</i>	24 French Toast Sticks w/Scrambled Eggs Mixed Greens Fresh Baby Carrots Apple Juice Pineapple Chunks	25 Grilled Cheese w/Tomato Soup Green Peas Sweet Diced Peaches Chilled Applesauce	26 6 Mini Corndogs Mashed Potatoes & Gravy Chopped Romaine Fresh Apple Chilled Mixed Fruit
29	30 Walking Taco W/Cinnamon Bread Stick Refried Beans w/Cheese Fresh Broccoli Fresh Pear Chilled Applesauce	31 Mini Maple Pancakes w/Turkey Sausage Hash Brown Patty Mixed Greens Diced Peaches Mixed Fruit	Feb 1 Strawberry Yogurt Parfait w/Homemade Granola Baby Carrots Chopped Romaine Cinnamon Applesauce Fresh Apple	Feb 2 Chicken Tenders w/Breadstick Curly Fries Power Peas Pineapple Tidbits Apple Slices
Monday	Tuesday	Wednesday	Thursday	Friday
Corn Dog on a Stick	Chicken Nuggets w/Dinner Roll	Ham & Cheese Sub	Popcorn Chicken w/Dinner Roll	Bosco Sticks w/Dipping Sauce

This institution is an equal opportunity provider.

January
Food Focus of the Month



DARK LEAFY GREENS

Going Green Never Tasted So Great!

Dark leafy greens are nutrition champions—they're chock full of vitamins and minerals that have been shown to improve our health and protect us from many illnesses and diseases. In particular, dark leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much and helps build strong bones. It is recommended that kids eat 1 to 2 cups of dark leafy greens per week. The dark leafy green food group includes lettuce, kale, chard, bokchoy, broccoli, spinach, turnip greens, watercress, collard greens. Be sure to eat a variety to get the most nutrition!

Try these great ways to fill up on your leafy greens:

- Make a colorful salad using lettuce by adding a variety of fruits and vegetables. Add lettuce to your favorite sandwich or wrap!
- Bake kale chips in the oven with a drizzle of olive oil. Add kale to smoothies, soups, salads and sandwiches.
- Chard makes a delicious and unexpected pizza topping. Sauté chard with fresh garlic and olive oil and drizzle with fresh lemon juice and parmesan cheese before serving for a simple, refreshing side dish.

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

Checks: Please make checks payable to East China Food Service

Menu Subject to Change without Notice

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