



## Holy Cross Lunch Menu February 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
5	6	7	8	9
<p style="text-align: center;">Chef Salad w/Dinner Roll Fresh Broccoli Baby Carrots Cinnamon Applesauce Chilled Peaches</p>	<p style="text-align: center;">Cheeseburger w/Bun Baked Tater Tots Chopped Romaine Fresh Apple Diced Pears</p>	<p style="text-align: center;">French Toast Sticks w/Scrambled Eggs Chopped Romaine Sliced Cucumbers Fresh Banana Baked Apples Slices</p>	<p style="text-align: center;"><b>Soup &amp; Sandwich</b> Grilled Cheese w/Chicken Noodle Soup Classic Baked Beans Chopped Romaine Salad Red Grapes Strawberries</p>	<p style="text-align: center;"><b>It's FREEZIE Friday!</b> Stuffed Crust Pepperoni Pizza Fresh Cauliflower Fresh Baby Carrots Pineapple Tidbits Fresh Apple <b>Frozen Fruit Treat- "Sidekicks"</b></p>
12	13	14	15	16
<p style="text-align: center;">Beef &amp; Cheese Nachos Refried Beans Mild Salsa Shredded Romaine Red Delicious Apple Diced Pears</p>	<p style="text-align: center;"><b>National Pancake Day</b> Warm Pancakes w/Sausage Baked Tots Chopped Romaine Fresh Pear Cinnamon Apple Slices</p>	<p style="text-align: center;">Heart Shaped Pretzel w/Cheddar Cheese Dip Golden Corn Mixed Greens Diced Peaches <b>Shape Ups Heart Frozen Juice Cup</b></p>	<p style="text-align: center;">Hot Dog w/Bun Oven Fries Baby Carrots Chopped Romaine Pineapple Fresh Apple</p>	<p style="text-align: center;"><b>No School Mid-Winter Break</b></p> <div style="text-align: center;"> </div>
19	20	21	22	23
<p style="text-align: center;"><b>No School Mid-Winter Break</b></p>	<p style="text-align: center;">Cheese Pizza Golden Corn Chopped Romaine Fresh Orange Rosy Applesauce <b>Lucky Tray- Front of the Line for a week</b></p>	<p style="text-align: center;">French Toast Sticks w/Scrambled Eggs Mixed Greens Fresh Baby Carrots Apple Juice Pineapple Chunks</p>	<p style="text-align: center;"><b>Soup &amp; Sandwich</b> Grilled Cheese w/Tomato Soup Green Peas Cherry Tomatoes Sweet Diced Peaches Chilled Applesauce</p> <div style="text-align: center;"> </div> <p style="text-align: center;"><b>Goldfish Crackers</b></p>	<p style="text-align: center;">Cheese Quesadillas Refried Beans Mild Salsa Chopped Romaine Fresh Apple Chilled Mixed Fruit <b>Strawberry Milk</b></p>
26	27	28	March 1	2
<p style="text-align: center;">Chicken Patty on a Bun Roasted Carrot "Fries" Mixed Greens Red Apple Chilled Diced Pears <b>Birthday Treat-Mini Rice Krispie Treat</b></p>	<p style="text-align: center;">Walking Taco W/Cinnamon Bread Stick Refried Beans w/Cheese Fresh Broccoli Fresh Pear Chilled Applesauce</p>	<p style="text-align: center;">Mini Maple Pancakes w/Turkey Sausage Hash Brown Patty Mixed Greens Diced Peaches Strawberries</p>	<p style="text-align: center;">Strawberry Yogurt Parfait w/Homemade Granola Baby Carrots Chopped Romaine Cinnamon Applesauce Fresh Orange</p>	<p style="text-align: center;">Fish Sandwich Garlic Mashed Potatoes Power Peas Pineapple Tidbits Apple Slices <b>Give Away-Bookmark</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">French Toast w/Sausage</p>	<p style="text-align: center;">Chicken Nuggets w/Dinner Roll</p>	<p style="text-align: center;">Corn Dog on a Stick</p>	<p style="text-align: center;">Popcorn Chicken w/Dinner Roll</p>	<p style="text-align: center;">Bosco Sticks w/Dipping Sauce</p>

This institution is an equal opportunity provider.

*February*  
*Food Focus of the Month*



## Orange You Glad I'm on your plate?

The red and orange vegetable group includes carrots, sweet potatoes, tomatoes, acorn squash, butternut squash, red peppers, pumpkin, and hubbardsquash and is full of vitamins A, C & K, phytonutrients, and antioxidants. The antioxidant beta-carotene is responsible for the orange hue, while red vegetables get their color from lycopene, also an antioxidant. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. The health benefits of these colorful vegetables are endless!

Be sure to aim for 3-6 cups of red and orange vegetables weekly to reap the benefits. Here are some great ways to get there:

- Carrots are a great snack with dips or dressings. Roast carrots in the oven to make carrot "fries". Blend carrots with pineapple juice, yogurt, and honey to make a smoothie.
  - Munch on sweet potato fries by baking them in the oven or bake sweet potato waffles, pancakes or muffins! Drizzle maple syrup over diced, cooked and peeled sweet potatoes.
  - Whole grain tortilla chips with salsa are a delicious way to eat tomatoes. add salsa to scramble.
- dish.

*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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