



## Holy Cross Elementary Lunch Menu

August & September 2016

**Lunch Price: \$2.40 Reduced Price: \$.40 Ala Carte Milk/Snack: \$.50 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
29	30	31	1	2
Yogurt Cup w/Blueberry Muffin, String Cheese & Cheddar Goldfish Crackers Red Apple Carrot Sticks	Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa Shredded Lettuce Chilled Mandarin Oranges	Chicken Parmesan w/Penne Pasta Roasted Green Beans Chopped Romaine Salad Sweet Diced Peaches	French Toast Sticks With Turkey Sausage Potato Rounds Baby Carrots Chilled Applesauce	<b>No School</b>
5	6	7	8	9
<b>Labor Day No School</b>	Beef & Cheese Nachos Seasoned Pinto Beans Mild Sauce  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	Pancakes Turkey Sausage Patties Blueberry Topping  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	Chicken Ranch Wrap Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	Crispy Chicken Tenders Sweet Potato Puffs  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits
12	13	14	15	16
Cheese Quesadilla Seasoned Refried Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	Cheese Filled Bosco Sticks w/Dipping Sauce Fresh Cinnamon Glazed Carrots <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	French Toast Sticks with Turkey Sausage Strawberry Topping  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	Ham & Cheese Chef Salad Fresh Sugar Snap Peas  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce <b>Strawberry Milk</b>	Pepperoni Flatbread Savory Green Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits
19	20	21	22	23
Beef & Cheese Nachos Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	Waffles w/Scrambled Eggs Warm Apple Slices  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	Popcorn Chicken Bowl Mashed Potatoes & Gravy Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	Chili Cheese Dog Tater Tots  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce	Cheese Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits
26	27	28	29	30
Grilled Cheese Tomato Soup  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Baby Carrots Red Delicious Apple Chilled Diced Pears	Beef Soft Tacos(2) Seasoned Refried Beans Mild Salsa  <u>Fruit &amp; Vegetable Bar</u> Shredded Lettuce Sliced Cucumbers Fresh Pear Chilled Mandarin Oranges	Chicken Parmesan w/Penne Pasta Roasted Green Beans  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Salad Fresh Cherry Tomatoes Fresh Banana Sweet Diced Peaches	Pepperoni Pizza Steamed Corn  <u>Fruit &amp; Vegetable Bar</u> Tomato & Lettuce Salad Power Peas Fresh Orange Wedges Chilled Applesauce <b>Birthday Treat</b>	BBQ Oven Roasted Chicken Drumstick w/Fresh Baked Biscuit Mashed Potatoes w/Gravy  <u>Fruit &amp; Vegetable Bar</u> Chopped Romaine Lettuce Fresh Broccoli Red Delicious Apple Pineapple Tidbits
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Yogurt Cup w/Blueberry Muffin, String Cheese & Cheddar Goldfish Crackers	Chicken Nuggets w/Dinner Roll	Strawberry Yogurt Parfait w/Homemade Granola	Popcorn Chicken w/Dinner Roll	Beef Hot Dog on a Bun

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## September Food Focus of the Month's



### 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 hubbard squash and are 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.
- A whole grain tortilla chip with salsa is a delicious way to eat tomatoes. Add salsa to Scrambled eggs or an omelet! Add tomatoes to grilled cheese sandwiches, hamburgers & more.

**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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