



Holy Cross Lunch Menu

October 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 Meatless Monday Homemade Cheese Quesadilla Refried Beans	2 Classic Cheeseburger Oven Baked Potato Wedges	3 Perfect Pasta Rotini Pasta with Meat Sauce Roasted Carrot "Fries" Birthday Cookie	4 Classic Pepperoni Pizza Seasoned Broccoli	5 Walking Tacos W/Cinnamon Breadstick Golden Corn
8 Meatless Monday Fresh Garden Salad w/Egg & Cheese Garlic Bread Stick Fresh Pea Pods	9 Beef & Cheese Nachos Refried Beans	10 Scrambled Eggs w/Turkey Sausage Patty & WG Cinnamon Roll Sweet Potato Puffs	11 Turkey & Cheese on a Pretzel Bun Sliced Steamed Carrots Lucky Lunch Day-Halloween Trail Mix	12 Homemade French Bread Pizza Steamed Broccoli
15 Meatless Monday Classic Cheese Pizza Roasted Fresh Green Beans	16 Taco Tuesday Beef Soft Shell Tacos Refried Beans	17 Pancakes w/Scrambled Eggs Potato Rounds	18 Perfect Pasta Creamy Macaroni & Cheese w/Garlic Bread Stick Seasoned Broccoli	19 Crispy Chicken Sandwich on a WG Bun Sweet Cinnamon Roasted Butternut Squash
22 Meatless Monday Homemade Flatbread Pizza Roasted Carrot "Fries"	23 Beef & Cheese Nachos Refried Beans	24 Chicken Tenders w/Breadstick Mashed Potatoes & Gravy	25 Pizza Fun Lunch w/ Goldfish Bread, Pizza Sauce & Cheese Red Grapes	26
29 Meatless Monday Fun Lunch Cinnamon Toast Cereal, Yogurt & String Cheese Warm Apple Slices	30 "Mummies" Hot Dog Twist BBQ Beans Carrot Salad w/"Dracula" Dressing Lucky Lunch Day-Halloween Pencil	31 Perfect Pasta Rotini Pasta with Meat Sauce Roasted Carrot "Fries"	 This month we're celebrating autumn squash	 Vegetarian Item Locally Grown
Monday	Tuesday	Wednesday	Thursday	Friday
 French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	 Strawberry Yogurt Parfait w/Homemade Granola	Popcorn Chicken w/Dinner Roll	 Grilled Cheese w/Tomato Soup
Fresh Fruit & Vegetable Bar Available Daily				
 Fresh Cherry Tomatoes  Romaine & Spinach Salad Fresh Apple Pineapple Chunks	 Sliced Cucumbers  Romaine & Spinach Salad Strawberries Chilled Peaches	 Fresh Cauliflower  Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Fruit Cocktail	 Fresh Baby Carrots  Romaine & Spinach Salad Fresh Banana Chilled Applesauce	 Power Peas  Romaine & Spinach Salad Cantaloupe Chunks Chilled Diced Pears

This institution is an equal opportunity provider.

October
Food Focus of the Month



This month
we're celebrating
autumn squash

Discovery
KITCHEN

FUN FACT!

The Butternut squash plant is only about 75 years old!

The inside of spaghetti squash separates into thin strands after roasting, so it can be served like pasta!

DID YOU KNOW!

Butternut squash contains an ample dose of dietary fiber, which makes it a heart-friendly veggie choice!

Autumn and Winter squash contains Vitamin A.

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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