



Holy Cross Lunch Menu November 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
 Vegetarian Item			1 Stuffed Crust Pepperoni Pizza Seasoned Broccoli	2 Walking Tacos W/Cinnamon Breadstick Golden Corn
5 Meatless Monday  Warm Pretzel Sticks w/Cheddar Cheese Sauce Fresh Pea Pods	6 National Nacho Day Beef & Cheese Nachos Refried Beans	7 Scrambled Eggs w/Turkey Sausage Patty & WG Cinnamon Roll Sweet Potato Puffs	8 Turkey & Cheese on a Pretzel Bun Sliced Steamed Carrots Lucky Lunch Day- Emoji Sunglasses	9
12 Meatless Monday  Classic Cheese Pizza Roasted Fresh Green Beans	13 Holiday Meal Oven Roasted Turkey Mashed Potatoes & Gravy w/Dinner Roll	14  Pancakes Turkey Sausage Potato Rounds	15  Homemade Creamy Macaroni & Cheese w/ Pretzel Rod Seasoned Broccoli	16
19 Meatless Monday  Homemade Flatbread Pizza Roasted Carrot "Fries"	20 Beef & Cheese Nachos Refried Beans	21 No School Thanksgiving Recess	22 No School Thanksgiving Recess	23 No School Thanksgiving Recess
26 Meatless Monday New Entrée  Triple Cheese Panini Steamed Carrot Coins	27 Classic Cheeseburger Oven Baked Potato Wedges	28 National French Toast Day French Toast Sticks Turkey Sausage Links Potato Rounds	29  Strawberry Yogurt Parfait w/Homemade Granola Seasoned Broccoli	30 Chicken Drumstick w/Fresh Baked Biscuit BBQ Baked Beans Birthday Treat
Monday	Tuesday	Wednesday	Thursday	Friday
 French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	 Fresh Garden Salad w/Egg & Cheese Garlic Bread Stick	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 Apple Slices Chilled Peaches	Fresh Cauliflower Romaine & Spinach Salad Cantaloupe Chunks Chilled Fruit Cocktail	Fresh Baby Carrots Romaine & Spinach Salad Fresh Banana Chilled Applesauce	Power Peas Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Diced Pears

This institution is an equal opportunity provider.

November
Food Focus of the Month



FUN FACT!

Cranberries love bumblebees! Migratory honeybees and/or bumblebees are needed for adequate pollination of cranberry flowers.

DID YOU KNOW!

Cranberries are 90% water!

Can a handful of cranberries a day keep the dentist away?

Cranberries can prevent plaque formation by interfering with the ability of bacteria to stick to the tooth surface.

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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