










## Holy Cross Lunch Menu

January 2019


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
<b>Meatless Monday</b>  Stuffed Crust Cheese Pizza Golden Corn	<b>Taco Tuesday</b> Beef Soft Shell Tacos Seasoned Refried Beans	<b>Fun Lunch</b> Cinnamon Toast Cereal, Yogurt & String Cheese Steamed Sliced Carrots	Chef Salad Garlic Bread Stick Steamed Broccoli <b>Lucky Lunch- Hot Chocolate Cone</b>	Beef Hot Dog w/Bun BBQ Baked Beans
<b>Meatless Monday</b>  Bosco Sticks w/Dipping Sauce Steamed Green Beans	Walking Tacos W/Cinnamon Breadstick Seasoned Refried Beans	Triple Cheese Panini w/Homemade Chicken Noodle Soup Baby Carrots	Rotini Pasta with Meat Sauce Roasted Carrot "Fries"	Ham & Cheese on a Pretzel Bun w/Tomato Soup
<b>Meatless Monday</b>  Warm Pretzel Sticks w/Cheddar Cheese Sauce Roasted Broccoli	Beef & Cheese Nachos Seasoned Refried Beans	Warm Pancakes Turkey Sausage Patties Apple Juice	Homemade Creamy Macaroni & Cheese w/ Pretzel Rod Potato Wedges <b>Birthday Treat- Mini Ice Cream Sandwich</b>	Crispy Chicken Sandwich on a WG Bun Oven Fries
	Classic Cheeseburger Potato Wedges	French Toast Sticks Turkey Sausage Patty Apple Juice	 Strawberry Yogurt Parfait w/Homemade Granola Seasoned Broccoli	Breaded Chicken Drumstick w/Fresh Baked Biscuit Mashed Potatoes & Gravy
Monday	Tuesday	Wednesday	Thursday	Friday
 French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	 Stuffed Crust Cheese Pizza	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 Red Grapes Chilled Fruit Cocktail	Fresh Baby Carrots Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Applesauce	Power Peas Romaine & Spinach Salad Fresh Banana Chilled Diced Pears

This institution is an equal opportunity provider.

 Vegetarian Item

*January*  
*Food Focus of the Month*



This month  
we're celebrating  
**citrus**

Discovery  
KITCHEN

## DID YOU KNOW?

- You should eat an orange after working out! Citruses are linked reducing muscle fatigue after strenuous exercise.
- Citrus fruits are an excellent source of immune-boosting vitamin C.
- An 8 oz. glass of orange juice contains more calcium than a glass of cow's milk (350 mg vs 300)!
- Just one orange contains 100% of a person's recommended daily intake of vitamin C.
- Grapefruits got their name because they grow in clusters on a tree, just like grapes!

*Questions or Comments?* Please contact Julie Humphrey @ 810.676.1112 or [jhumphrey@ecsd.us](mailto:jhumphrey@ecsd.us)

Menu Subject to Change without Notice

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