



Holy Cross Lunch Menu February 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.

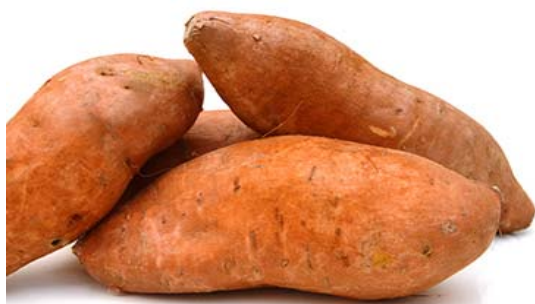
Monday	Tuesday	Wednesday	Thursday	Friday
4 Meatless Monday Homemade Cheese Quesadilla Seasoned Refried Beans	5 Classic Cheeseburger Potato Wedges Lucky Lunch- Paddleball Game	6 French Toast Sticks Turkey Sausage Patty Hash Brown	7 Strawberry Yogurt Parfait w/Homemade Granola Steamed Broccoli	8 Breaded Chicken Drumstick w/Fresh Baked Biscuit Mashed Potatoes & Gravy
11 Meatless Monday Bosco Sticks w/Dipping Sauce Steamed Green Beans	12 Taco Tuesday Beef Soft Shell Tacos Seasoned Refried Beans	13 Hot Ham & Cheese on a Pretzel Bun Tomato Soup	14 Chef Salad Garlic Bread Stick Steamed Broccoli Jonny Pops Smoothie-on-a-Stick	15 Mid Winter Break
18 Mid Winter Break	19 Walking Tacos W/Cinnamon Breadstick Seasoned Refried Beans	20 Triple Cheese Panini Homemade Chicken Noodle Soup Baby Carrots	21 Rotini Pasta with Meat Sauce Roasted Carrot "Fries"	22 Breaded Chicken Sandwich Baked Sweet Potato Fries
25 Meatless Monday Homemade Creamy Macaroni & Cheese w/ Pretzel Rod Steamed Broccoli	26 Beef & Cheese Nachos Seasoned Refried Beans	27 Warm Pancakes Turkey Sausage Patties Potato Rounds	28 Beef Hot Dog w/Bun BBQ Baked Beans Birthday Treat- Mini Rice Krispies	March 1 Breaded Chicken Sandwich Baked Sweet Potato Fries
Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks w/Scrambled Eggs	Chicken Nuggets w/Dinner Roll	Corn Dog on a 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 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



February Food Focus of the Month



This month
we're celebrating
**sweet
potatoes**

Discovery
KITCHEN

DID YOU KNOW?

- Sweet Potatoes orange color comes from beta carotene, a form of Vitamin A. We need Vitamin A for healthy skin and vision.
- Get ready for that pop quiz! Sweet Potatoes are a great brain food to help boost focus and memory.
- Culinary Tip: Use a spiralizer to create sweet potato noodles in place of pasta, in stir-fry, or salads
- I think, therefore I YAM. Did you know yams and sweet potatoes are different? Yams have a darker, bark-like skin with a starchier taste while sweet potatoes' skin can range from white to red-brown.
- Taste the rainbow! Sweet potatoes come in different colors, such as orange, white, yellow, purple, and red. They all have different tastes, textures, flavors, and nutrients.
- Culinary Tip: Don't peel this potato! Cooking sweet potatoes in their skin helps better preserve their nutrient content.

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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