



Holy Cross Lunch Menu October 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 1% Chocolate 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
30 Classic Cheeseburger Oven Baked Potato Wedges	1 Walking Tacos W/Cinnamon Breadstick Refried Beans	2 Rotini Pasta with Meat Sauce Roasted Carrot "Fries"	3 Stuffed Crust Pepperoni Pizza Seasoned Broccoli	4 Beef Hot Dog w/Bun Baked Sweet Potato Fries
7 Fresh Garden Salad w/Egg & Cheese Garlic Bread Stick Fresh Pea Pods	8 Beef & Cheese Nachos Refried Beans	9 Scrambled Eggs w/Turkey Sausage Patty & WG Cinnamon Roll Sweet Potato Puffs	10 Turkey & Cheese on a Pretzel Bun Sliced Steamed Carrots	11 Homemade French Bread Pizza Steamed Broccoli Lucky Lunch Day
14 Classic Cheese Pizza Roasted Fresh Green Beans	15 Beef Soft Shell Tacos Refried Beans	16 Pancakes w/Scrambled Eggs Potato Rounds	17 Creamy Homemade Macaroni & Cheese w/Garlic Bread Stick Seasoned Broccoli Birthday Cookie	18 Chicken Patty w/bun Golden Corn
21 Homemade Flatbread Pizza Roasted Carrot "Fries"	22 Beef & Cheese Nachos Refried Beans	23 Chicken Tenders w/Breadstick Mashed Potatoes & Gravy	24 Turkey & Cheese Wrap Fresh Broccoli	25 Chicken Drumstick w/Fresh Baked Biscuit Baked Curly Fries Frozen Fruit Treat- "Sidekicks"
28 Classic Cheeseburger Oven Baked Potato Wedges	29 Walking Tacos W/Cinnamon Breadstick Refried Beans	30 Deep Dish Cheese Pizza Golden Corn Lucky Lunch Day	31 French Toast Sticks w/Sausage Hash Brown	1 Corn Dog on a Stick Potato Rounds
Monday	Tuesday	Wednesday	Thursday	Friday
Muffin Fun Lunch Banana Muffin, Yogurt Cup, String Cheese & Cheddar Goldfish Crackers	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 Broccoli Romaine & Spinach Salad Fresh Cut Orange Wedges Chilled Fruit Cocktail	Fresh Baby Carrots Romaine & Spinach Salad Cantaloupe Chunks Chilled Applesauce	Power Peas Romaine & Spinach Salad Cinnamon Apple Slices Chilled Diced Pears

This institution is an equal opportunity provider.



Vegetarian Item

Questions or Comments? Please contact Julie Humphrey @ 810.676.1112 or jhumphrey@ecsd.us

Menu Subject to Change without Notice

SEED TO TABLE

Fun Facts!



Fruits and vegetables that are grown locally in your community are picked at their peak of freshness and flavor. This means they may also contain more nutrients!



Some vegetables commonly grown in a garden such as tomatoes, green beans, squash, and cucumbers are technically considered a fruit because they have seeds. They don't have a sweet taste like other fruit but are indeed a fruit.



Did you know that in a garden, some fruits and vegetables start out as flowers? Pumpkins start out as big yellow flowers that look like miniature horns!