


Holy Cross Menus October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2 Breakfast Pizza, Fruit</p> <p>Corn Chip Pie Pinto Beans Cucumber Coins Lettuce & Tomato Peaches</p>	<p>3 Pancake on a Stick, Fruit</p> <p>Spaghetti w Meat Sauce Seasoned Green Beans Pears Garlic Bread Sticks</p>	<p>4 Breakfast Burrito, Fruit</p> <p>Pork Roast Mashed Potatoes w Gravy Spinach Garden Salad Cinnamon Applesauce Whole Grain Rich Roll</p>	<p>5 French Toast, Fruit</p> <p>Hamburger on a Bun Romaine, Tomato, Onion Mexicali Corn. Watermelon</p>	<p>6 Cereal, Mozzarella Stick</p> <p>Tostadas, Salsa Lettuce, Tomato Papitas Cantaloupe</p>	<div style="text-align: center;">  <p>Did you Know?</p> <p>Choose MyPlate gov</p> </div> <p>MyPlate is the U.S. government's primary food group symbol to help us adopt healthy eating habits consistent with the current Dietary Guidelines for Americans. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using familiar image - a place setting</p> <p>All breakfast menus include an offering of 100% fruit juice and fruit or vegetable</p> <p>All breakfast and lunch menus include Milk Choices, a choice of 1% milk (unflavored), non-fat (flavored or unflavored).</p> <p>All cereals and bread are whole grain or whole grain rich products.</p> <p><i>Menus are subject to change depending on product delivery or availability.</i></p> <p style="text-align: center;">USDA is an equal opportunity provider and employer.</p>
<p>9 Breakfast Pizza, Fruit</p> <p>Nachos Supreme Pinto Beans Pico de Gallo Mixed Fruit</p>	<p>10 Pancake on a Stick, Fruit</p> <p>Lasagna Spinach Salad Watermelon Whole Grain Rich Roll</p>	<p>11 Breakfast Burrito, Fruit</p> <p>Chicken Nuggets Macaroni & Cheese Baby Carrots Celery Sticks Honeydew</p>	<p>12 French Toast, Fruit</p> <p>Salisbury Steak Mashed Potatoes./Gravy Sweet & Sour Cucumbers Mandarin Oranges Whole Grain Rich Roll</p>	<p>13 Cereal, Mozzarella Stick</p> <p>Corn Chip Pie Cucumber Coins Lettuce & Tomato Fruit Cup Oatmeal Raisin Cookie</p>	
<p>16 Breakfast Pizza, Fruit</p> <p>Cheeseburger on a Bun Romaine, Tomato, Onion Oven Fries Cantaloupe</p>	<p>17 Pancake on a Stick, Fruit</p> <p>Red Chile Meat Enchiladas Pinto Beans Lettuce, Tomato Fruited Gelatin</p>	<p>18 Breakfast Burrito, Fruit</p> <p>Corn Dog Toss Salad Mexicali Corn Diced Pears</p>	<p>19 French Toast, Fruit</p> <p>BBQ Pork Sandwich Baked Beans Oven Potato Orange Wedge</p>	<p>20 Cereal, Mozzarella Stick</p> <p>Baked Chicken Baby Carrots Cucumber Coins Mixed Fruit Whole Grain Rich Roll</p>	
<p>23 Breakfast Pizza, Fruit</p> <p>Corn Chip Pie Pinto Beans Cucumber Coins Lettuce & Tomato Peaches</p>	<p>24 Pancake on a Stick, Fruit</p> <p>Spaghetti w Meat Sauce Seasoned Green Beans Pears Garlic Bread Sticks</p>	<p>25 Breakfast Burrito, Fruit</p> <p>Pork Roast Mashed Potatoes w Gravy Spinach Garden Salad Cinnamon Applesauce Whole Grain Rich Roll</p>	<p>26 French Toast, Fruit</p> <p>Hamburger on a Bun Romaine, Tomato, Onion Mexicali Corn. Watermelon</p>	<p>27 Cereal, Mozzarella Stick</p> <p>Tacos, Salsa Lettuce, Tomato Papitas Cantaloupe Oatmeal Raisin Cookie Oatmeal Raisin Cookie</p>	