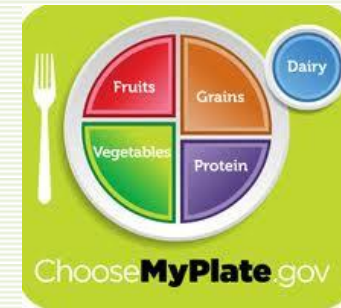


# Holy Cross Breakfast and Lunch Menus

# November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Breakfast Burrito, Fruit  Pork Roast Mashed Potatoes w Gravy Spinach Garden Salad Cinnamon Applesauce Whole Grain Rich Roll	<b>2</b> French Toast, Fruit  Salisbury Steak/Gravy French Fries Sweet & Sour Cucumbers Mandarin Oranges Whole Grain Rich Roll	<b>3</b> Cereal, Mozzarella Stick  Corn Chip Pie Lettuce & Tomato Fruit Cup Oatmeal Raisin Cookie
<b>6</b> Breakfast Pizza, Fruit  Cheeseburger on a Bun Romain, Tomato, Onion Oven Fries Fruit	<b>7</b> Pancake on a Stick, Fruit  Red Chile Meat Enchiladas Pinto Beans Lettuce, Tomato Fruited Gelatin	<b>8</b> Breakfast Burrito, Fruit  Chicken Nuggets Baby Carrots Celery Stick Fruit	<b>9</b> French Toast, Fruit  BBQ Pork Sandwich Baked Beans Oven Potato Orange Wedge	<b>10</b>  <b>Teacher's In-Service</b>
<b>13</b> Breakfast Pizza, Fruit  Corn Chip Pie Pinto Beans Lettuce & Tomato Peaches	<b>14</b> Pancake on a Stick, Fruit  Spaghetti w Meat Sauce Seasoned Green Beans Pears Garlic Bread Sticks	<b>15</b> Breakfast Burrito, Fruit  Tacos Pinto Beans Salad Fruit	<b>16</b> French Toast, Fruit  Hamburger on a Bun Romaine, Tomato, Onion Mexicali Corn. Fruit	<b>17</b> Cereal, Mozzarella Stick  Roasted Turkey, Stuffing Mashed Potatoes, Gravy Green Beans Whole Wheat Roll Pumpkin Pie
<b>20</b> Breakfast Pizza, Fruit  Nachos Supreme Pinto Beans Pico de Gallo Mixed Fruit	<b>21</b> Pancake on a Stick, Fruit  Lasagna Salad Fruit Whole Grain Rich Roll	<b>22</b>	<b>23</b>	<b>24</b>

**Have a Blessed Thanksgiving!**



**Fiber** is the part of plant-based foods that your body doesn't digest and absorb. There are two basic types of fiber: soluble and insoluble. Soluble fiber may help improve your cholesterol and blood sugar levels. Oats, dried beans and some fruits, such as apples and oranges, are good sources of soluble fiber. Insoluble fiber adds bulk to your stool and can help prevent constipation. Vegetables, wheat bran and other whole grains are good sources of insoluble fiber.

All breakfast menus include an offering of 100% fruit juice and fruit or vegetable.

All breakfast and lunch menus include Milk Choices, a choice of 1% milk (unflavored), or non-fat (flavored or unflavored).

All cereals and bread are whole grain or whole grain rich products.

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## November 2017

<b>27</b> Breakfast Pizza, Fruit  Cheeseburger on a Bun Romaine, Tomato, Onion Oven Fries Fruit	<b>28</b> Pancake on a Stick, Fruit  Red Chile Meat Enchiladas Pinto Beans Lettuce, Tomato Fruited Gelatin	<b>29</b> Breakfast Burrito, Fruit  Corn Dog Toss Salad Mexicali Corn Diced Pears	<b>30</b> French Toast, Fruit  BBQ Pork Sandwich Baked Beans Oven Potato Orange Wedge	<b>31</b> Cereal, Mozzarella Stick  Tostadas, Salsa Lettuce, Tomato Papitas Fruit	<b>All menus are subject to change.</b>  <b>USDA Is an equal opportunity provider and employer.</b>
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