

# October 2021

# Holy Cross

# Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
				Spaghetti with Meat Sauce Garlic Bread Raw Carrots Fruit
4	5	6	7	8
Shrimp Poppers Mac and Cheese Lettuce Green Beans	Wiener Wrap French Fries Beans Fruit	Orange Chicken Rice Peas Fruit	Sack Lunch: Deli Wraps Applesauce Cup Corn Chips Carrots	Meatloaf Mashed Potatoes Green Bean Fruit Bread
11	12	13	14	15
Corn Dogs Tater Tots Beans Fruit	Turkey Mashed Potatoes & Gravy Bread Carrots Fruit	BBQ Pork on a Bun Wedges Fruit Corn	Half Day No Lunch	Chicken Tacos w/fixings Refried Beans Fruit
18	19	20	21	22
Cheese Pizza Corn Fruit Lettuce	Soup Tuna or PB Sandwich Crackers Carrots Fruit	No School	No School	No School
25	26	27	28	29
Chicken Nuggets Rice Peas Fruit and Bread	Fish Mac & Cheese Lettuce Green Beans	Scrambled Eggs Pancakes Tri-Tators O.J. Fruit	Quesadilla Refried Beans Lettuce Corn Fruit	Sloppy Joe Tator Tots Baked Beans Fruit
1	<p><b>NUTRITION TIP: Health Benefits of Whole Grain Go Beyond Vitamins and Minerals</b></p> <p>* Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and phytonutrients.</p> <p>* This is why whole grain may help reduce the risk of many chronic diseases such as heart disease.</p> <p><b>School Information:</b></p> <p><b>Visit us online at <a href="http://holycrossschool.net">holycrossschool.net</a> or follow us on Facebook @holycrosswebster</b></p>			