Holy Cross

Lunch Menu

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Monday	Tuesday		Wednesday		Thursday	Friday	
2	29	30	3	31	1	2	
Breakfast Nuggets	Chicken Sandwich Pattie		Tater Tot Hot Dish		Cheesy Vegetable Soup	Hamburgers	
Tri-Tater	Macaroni & Cheese		Buttered Bread		Buttered Bread	Fries	
Yogurt	Veggies		Green Beans		Doughnuts	Fruit	
Fruit	Fruit		Fruit		Fruit	Veggie	
	5	6		7	8	9	
French Toast Sticks	Chicken Quesadilla		Sloppy Joes			Hot Dogs	
Sausage Pattie	Rice		Fries		No	Chips	
Tri-Tater	Carrots		Veggie		School	Veggie	
Fruit	Fruit		Fruit			Fruit	
1	2	13	1	14	15	16	
Waffles	Spaghetti w/ Meat Sauce		Tomato Soup		Turkey	Fish Sticks	
Scrambled Eggs	Garlic Bread		Grilled Cheese Sandwich		Mashed Potatoes w/Gravy	French Fries	
Tri-Taters	Fruit		Fruit		Fruit	Veggie	
Fruit	Salad		Lettuce Ash Wednesday		Veggie	Fruit	
1	9	20	2	21	22	23	
	Cheese Pizza		Tacos in a Bag		Chicken Nuggets	Pretzels	
No	Garlic Bread		Spanish Rice		French Fries	Buttered Noodles	
School	Lettuce		Muffin		Veggie	Veggie	
	Fruit		Fruit		Fruit	Fruit	
2	26	27	2	28	29	1	
Pancakes			Corn Dogs		Bosco Sticks w/ Marinara		
Sausage Pattie	Field Trip		Tater Tots		Buttered Noodles	No	
Yogurt	No Lunch Service		Veggie		Veggie	School	
Fruit			Fruit		Fruit		
	4 NUTRITION TIP: Health B	ene	fits of Whole Grain Go Be	yo	and Vitamins and Minerals		
	* Whole grain provides nutrients such as carbohydrates, B vitamins, minerals, plant sterols, antioxidants, and						
No	phytonutrients.						
School	* This is why whole grain may help reduce the risk of many chronic diseases such as heart disease.						
	School Information:	School Information:					
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