

## February 2012

### Coloma Community Schools Elementary Menu

All meals include a trip to the food bar. Daily food bar offerings include: romaine salad with toppings, fresh and canned fruits, variety of fresh vegetables (carrots, celery, broccoli, etc.), whole grain bread options and composed salad. We offer locally grown produce when available.

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb 1 Pasta & Italian Meat Sauce Tossed Salad w/ Vinegar & Oil Dressing Banana	Feb 2 Whole Grain Pancakes w/ Scrambled Eggs Crispy Tater Tots Orange Wedges the Cob Chilled Mixed Fruit	Feb 3 Cheese Pizza on Whole Grain Crust Corn Chilled Mixed Fruit
Feb 6 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears	Feb 7 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches	Feb 8 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple	Feb 9 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with cheese sprinkled on top Orange Smiles	Feb 10 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad Mixed Fruit
Feb 13 Baked Whole Grain Breaded Chicken Nuggets w/ Cornbread Seasoned Steamed Broccoli Orange Wedges	Feb 14 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp	Feb 15 Cheesy Spaghetti Seasoned Green Beans Chilled Pears	Feb 16 Chicken & Cheese Quesadilla served w/ salsa Fresh Banana	Feb 17 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce
Feb 20 No School	Feb 21 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges	Feb 22 Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches	Feb 23 Hot Dog on a Whole Grain Bun Sweet Potato Tater Tots Fruit Goop	Feb 24 Cheese Pizza on Whole Grain Crust Tossed Salad Mixed Fruits
Feb 27 Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp	Feb 28 Whole Grain French Toast Sticks w/ Turkey Sausage Mashed Sweet Potatoes Fresh Banana	Feb 29 Cheese Filled Whole Grain Breadsticks with Dipping Sauce Romaine Side Salad Fresh Apple		
<u>Alternate Lunches</u>				
<p><i>Mondays:</i> Cold Pizza Dunkers Fun Lunch (V) (Breadsticks, Pizza Sauce &amp; Shredded Cheese), Fruit  PBJ on Whole Wheat Bread</p>	<p><i>Tuesdays:</i> Yogurt &amp; Cracker Stackers Fun Lunch (Yogurt Cup, Turkey Ham, Cheese, Crackers), Baby Carrots, Fruit and Milk  PBJ on Whole Wheat Bread</p>	<p><i>Wednesdays:</i> Cereal Fun Lunch (V): Honey Nut Cheerios or Frosted Mini Wheats Cereal w/ Hard Boiled Egg, Baby Carrots, 100% Fruit Juice Punch  PBJ on Whole Wheat Bread</p>	<p><i>Thursdays:</i> Cheesy Nachos Fun Lunch  PBJ on Whole Wheat Bread</p>	<p><i>Fridays:</i> Flexitarian Fun Lunch (V): Yogurt Cup, String Cheese &amp; Pretzels, Baby Carrots, Fruit  PBJ on Whole Wheat Bread</p>

**Adult Lunch \$3.25 Milk \$0.50**

#### Milk is Included with Every Meal

Milk selections include: White Skim Milk or 1% Flavored Milk. All milk is artificial hormone free.

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Menu subject to change without notice.