

Coloma Jr High School Lunch Menu

October 3rd – 7th 2011

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include: Skim and 1% Milk

Station	Monday	Tuesday	Wednesday	Thursday	Friday Flexitarian Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	STUFFED PASTA BOWL: Bow Tie Pasta Tricolor Cheese Tortellini Shredded Part Skim Mozzarella Potato & Cheese Stuffed Pierogi Pasta Roasted Italian Vegetables Baked Apples Whole Wheat Toasted Garlic Bun Marinara Sauce Shredded Mozzarella Cheese Roma Herb Seasoning Blend	ALL AMERICAN HOT DOG DAYS Foot Long Hot Dogs Potato Gems Steamed Sweet Corn Cheddar Cheese Sauce Chili Sauce Diced Onions Sweet Relish	BACKYARD BBQ BOWL: Honey BBQ Chicken Bites Baked Beans Cheesy Macaroni Confetti Coleslaw Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	MOM'S MASHED POTATO BOWL: Chicken Tenders With Turkey or Chicken Gravy Mashed Potatoes Steamed Corn Steamed Broccoli Whole Wheat Dinner Roll Fresh Chopped Parsley	SIZZLING TACO SALAD or NACHO BOWL: Spicy Taco Meat Baked Tortilla Shells Rice & Beans Warm Baked Apple Slices Cinnamon Breadstick Fresh Homemade Salsa Crunchy Spinach Salad Romaine Salad Blend Spicy Southwestern Ranch
 Lean Beef Burgers w/Cheese, & Breaded Chicken Sandwiches Available Daily	Buffalo Chicken Wrap Roasted Italian Vegetables	Bacon Cheese Burger Steamed Broccoli w/ Fresh Shredded Cheese	Breaded Popcorn Chicken With WW Biscuit Cheesy Macaroni	BLT Burger on Whole Wheat Bun Mashed Potatoes	Dagwood Pizza Croissant Warm Baked Apple Slices
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps In a Panini Press	Monte Cristo Panini Ham & Cheese Panini	Pressed Chicken and Cheese Quesadillas Turkey & Cheese Panini	Chicken Pesto Panini Ham & Cheese Panini	Toasted Meatball Parmesan Sub Turkey & Cheese Panini	Turkey Swiss Flatbread Vegetable Egg Roll Ham & Cheese Panini
 Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Buffalo Chicken Pizza	Whole Wheat Pepperoni & Cheese Stuffed Crust Pizza	Pepperoni Bosco Sticks With Pizza Sauce	Taco Pizza	Pepperoni & Cheese Calzone With Pizza Sauce
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Provolone Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH BAR Special: Triple Decker Turkey Club on Whole Wheat	Made to Order SANDWICH BAR Special: Chicken Cordon Bleu Wrap Vegetable Pasta Salad	Made to Order SALAD BAR Special: BBQ Chicken Salad w/ Toasted Flatbreads & Homemade Ranch Dressing	Made to Order SANDWICH BAR Special: Honey Mustard Ham & Cheese Wrap	Made to Order SANDWICH BAR Special: Turkey & Swiss on Whole Wheat w/ Dijon Mustard
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
 Fresh Food Fast- Packaged for Grab N' Go Available Daily: Deli Chef Salad w/ crackers	Triple Decker Turkey Club on Whole Wheat Bread Chicken Caesar Salad With WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Michigan Waldorf Salad Crispy Chicken Popper Salad w/ WW Crackers Santa Fe Turkey & Cheddar Wrap	BBQ Chicken Salad w/ Toasted Flatbreads & Ranch Dressing Cajun Chicken w/ Wild Greens Salad with WW Crackers Turkey, Roast Beef & Ham on Whole Wheat	Honey Mustard Ham & Cheese Wrap Italian Chopped Salad With WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Turkey & Swiss on Whole Wheat w/Dijon Mustard Chicken Caesar Salad With WW Crackers Italian Hero
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Tossed Leafy Green Salad w/ Light Dressing Fresh Pear Fresh Cut Fruit in Season Carrot Sticks	Caesar Romaine Side Salad w/ Croutons Chilled Pineapples Vegetable Crudités Cup Fresh Orange Wedges	Tossed Leafy Green Salad w/ Light Dressing Fresh Apples Chilled Fruit Crisp Confetti Coleslaw	Rainbow Apples Fresh Homemade Vegetable Pasta Salad Petite Bananas Carrot Sticks	Tossed Leafy Green Salad w/ Light Dressing Fresh Orange Wedges Creamy Carrot - Raisin Pineapple Salad Crunchy Spinach Salad



Menu item is made w/ whole grain

*Menu item is offered with the complete daily Balanced Choices® Meal

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(Menu subject to change)

David Rose, FMP

Food Service Director (269) 468-2598 <http://ccs.coloma.org>

Coloma Jr High School Lunch Menu


October 10th -14th 2011

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include: Skim and 1% Milk

Station	Monday	Tuesday	Wednesday	Thursday	Friday Flexitarian Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	SLOPPY JOE BOWL: Sloppy Joes Oven Roasted Potatoes Baked Beans Roasted Carrots Fresh Steamed Broccoli Cuts Fresh Baked Corn Bread	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Corn Roasted Vegetables Whole Wheat Biscuit Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Taco Meat Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds Southwest Beans Mexican Corn Cinnamon W/G Breadstick Fresh Salsa Shredded Cheddar Romaine Blend Lettuce	AMERICAN DINER BOWL: Herb Baked Chicken Rice Pilaf Mashed Potatoes Golden Corn Seasoned Green Beans Whole Wheat Dinner Roll Chicken Gravy Fresh Chopped Parsley	ITALIAN PASTA BOWL: Saucy Italian Meatballs Spaghetti Sauce Whole Wheat Spaghetti Curly Rotini Pasta Seasoned Green Beans Warm Sliced Apples Toasted Whole Grain Garlic Bun Marinara Sauce Roma Herb Seasoning Blend
 Lean Beef Burgers w/Cheese, & Breaded Chicken Sandwiches Available Daily	Hot Chili Burger w/ Monterey Jack on a Whole Wheat Bun Steamed Broccoli w/ Fresh Shredded Cheese	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roasted Vegetables	Spicy Chicken Patty on a Whole Wheat Bun* Mexican Corn*	Breaded Chicken Parmesan Sandwich on a Whole Wheat Bun Seasoned Green Beans	Upper Peninsula Pasty Warm Sliced Apples
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps In a Panini Press	Triple Decker Tostada With Salsa and Sour Cream Turkey & Cheese Panini	Pressed Turkey Bacon Ranch Wrap Ham & Cheese Panini	Toasted Mozzarella & Pepperoni on Whole Wheat w/ Pizza Dipping Sauce Turkey & Cheese Panini	Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Dill Mayo Ham & Cheese Panini	Whole Grain Chicken & Cheese Quesadillas w/ Fresh Salsa Turkey & Cheese Panini
 Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Sausage & Mushroom Pizza	Cheese Steak Pizza	Hawaiian Pizza Chicken Pot Pie	Deluxe Pizza	Chalupa Beef Taco
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Provolone Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH BAR Special: Classic Chicken Salad Sandwich on Whole Wheat	Made to Order SANDWICH BAR Special: Spicy Chicken Finger Wrap	Made to Order SALAD BAR Special: Catalina Roast Turkey Club Salad	Made to Order SANDWICH BAR Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Dill Mayo	Made to Order SANDWICH BAR Special: Roast Beef, Red Onion & Spicy Tomato Mayo on Multigrain Bread
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
 Fresh Food Fast – Packaged Grab N' Go Deli Chef Salad w/ Crackers available daily	Classic Chicken Salad Sandwich on Whole Wheat Fresh Garden Salad With Cheese & WW Crackers Parisian Ham & Cheese Wrap	Spicy Chicken Finger Wrap Chicken Caesar Salad With WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Caribbean Chicken Salad w/ Homemade Spicy Dressing & Whole Grain Crackers Italian Chopped Salad With WW Crackers Turkey Ranch Wrap	Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Dill Mayo Crispy Chicken Popper Salad With WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Roast Beef & Spicy Tomato Mayo on Multigrain Bread Chicken Caesar Wrap Farm Fresh Garden Salad With Cheese & WW Crackers
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Rosy Apple Sauce Chilled Mixed Fruit Fresh Orange Wedges	Pinto & Kidney Bean Salad Carrot Sticks Golden Pineapple Chunks Pears	Cucumber Citrus Salad Caesar Romaine Side Salad w/ Croutons Fresh Apples Chilled Peaches	Celery Sticks with Peanut Butter Tossed Leafy Green Salad w/ Light Dressing Petite Bananas Fresh Cut Fruit in Season	Sweet Corn Salad Vegetable Crudités Cup Tossed Leafy Green Salad w/ Light Dressing Cinnamon Applesauce

 Menu item is made w/ whole grain

 Menu item is offered with the complete daily Balanced Choices® Meal

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Station	Monday	Tuesday	Wednesday	Thursday	Friday <i>Flexitarian Friday</i>
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>NACHO BOWL:</p> <p>Spicy Taco Meat</p> <p>Brown Rice Whole Grain Corn Tortilla Shell Rounds</p> <p>Refried Beans</p> <p>Roasted Corn</p> <p>Cinnamon Breadstick</p> <p>Roasted Salsa Shredded Cheddar Cheese Romaine Blend Lettuce</p>	<p>SOUP BOWL:</p> <p>Grilled Cheese on WW Bread</p> <p>Vegetable Beef Soup</p> <p>Tomato Soup</p> <p>Chicken Noodle Soup</p> <p>Mediterranean Salad w/ Homemade Balsamic Vinaigrette</p> <p>Warm Bread Stick</p>	<p>ASIAN LO MEIN NOODLE BOWL:</p> <p>Sweet & Sour Chicken</p> <p>Lo Mein Noodles</p> <p>Carrots & Onions</p> <p>Oriental Blend Vegetables</p> <p>Whole Wheat Dinner Roll</p> <p>Lo Mein Sauce</p> <p>Diced Red & Green Bell Peppers</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Meat Loaf</p> <p>Scallop Potatoes</p> <p>Fresh Glazed Carrots</p> <p>California Blend Vegetables</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Beef Gravy Warm Baked Apple Slices</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs Sausage Links</p> <p>Home Fried Potatoes</p> <p>Fresh Orange Wedges</p> <p>Fruit Crisp</p> <p>WW French Toast Sticks Warm Syrup</p> <p>Shredded Cheddar Cheese</p>
<p>Lean Beef Burgers w/Cheese, & Breaded Chicken Sandwiches Available Daily</p>	<p>Spicy Chicken Patty on a Whole Wheat Bun</p> <p>Roasted Corn</p>	<p>Philly Cheese Steak on Roll</p> <p>Seasoned Green Beans</p>	<p>Colossal Burger</p> <p>Baked Herb Roasted Potatoes</p>	<p>Breaded Popcorn Chicken w/ Toasted WW Garlic Bun</p> <p>Mashed Potatoes</p>	<p>Chicken Cordon Bleu Wrap</p> <p>Home Fried Potatoes</p>
<p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps In a Panini Press</p>	<p>Grilled Turkey Reuben Panini</p> <p>Ham & Cheese Panini</p>	<p>Pressed Chicken & Cheese Quesadillas</p> <p>Turkey & Cheese Panini</p>	<p>Grilled Pizza Wrap</p> <p>Ham & Cheese Panini</p>	<p>Pepperoni Pizza Wrap</p> <p>Triple Decker PBJ</p>	<p>Toasted Ham & Mozzarella on Whole Wheat Bread</p> <p>Turkey & Cheese Panini</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily</p>	<p>Meat Lovers Stromboli With Marinara Sauce</p>	<p>Meatball Parmesan Pizza</p>	<p>Cheese Bosco Sticks With Marinara Sauce</p>	<p>Turkey & Cheese Hot Pocket With Pizza Dipping Sauce</p>	<p>Ham & Cheese Stromboli With Marinara Sauce</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Provolone Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots</p>	<p>Made to Order SANDWICH BAR</p> <p>Special: Caesar Salad Wrap</p>	<p>Made to Order SANDWICH BAR</p> <p>Special: Buffalo Chicken Salad On Whole Wheat Bread</p>	<p>Made to Order SALAD BAR</p> <p>Special: Monterey Ranch Chicken Salad w/ Ranch Dressing & Toasted Flatbreads</p>	<p>Made to Order SANDWICH BAR</p> <p>Special: Roast Beef & Swiss on Whole Wheat w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH BAR</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
<p>Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily</p>					
<p>Fresh Food Fast – Packaged Grab N' Go</p> <p>Deli Chef Salad w/ Crackers available daily</p>	<p>Caesar Salad Wrap</p> <p>Spicy Chicken Tortilla Salad</p> <p>Fruit and Yogurt Parfait With Fresh Homemade Granola</p>	<p>Buffalo Chicken Salad On Whole Wheat Bread</p> <p>Crispy Chicken Popper Salad w/ WW Crackers</p> <p>Honey Mustard Ham and Cheese Wrap</p>	<p>Monterey Ranch Chicken Salad w/ Ranch Dressing & Toasted Flatbreads</p> <p>Fresh Garden Salad With Cheese & WW Crackers</p> <p>Turkey BLT Wrap</p>	<p>Michigan Waldorf Salad</p> <p>Triple Decker PBJ</p> <p>Fruit and Yogurt Parfait With Fresh Homemade Granola</p>	<p>Santa Fe Turkey and Cheddar Wrap</p> <p>Caesar Salad w/ WW Crackers</p> <p>Cajun Chicken w/ Wild Greens Salad & WW Crackers</p>
<p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p>	<p>Petite Banana</p> <p>Confetti Coleslaw</p> <p>Fresh Cut Fruit in Season</p> <p>Mandarin Oranges</p>	<p>Fresh Apples</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Sweet Corn Salad</p>	<p>Chilled Pineapples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Tossed Leafy Green Salad w/ Light Dressing</p> <p>Chilled Pears</p> <p>Fresh Apple Salad</p> <p>Three Bean Salad</p>	<p>Chilled Applesauce</p> <p>Fresh Orange Wedges</p> <p>Tossed Leafy Green Salad w/ Light Dressing</p> <p>Pear Raisin Salad</p>

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Station	Monday	Tuesday	Wednesday	Thursday	Friday Flexitarian Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	BACKYARD PICNIC BOWL: Foot Long Hot Dog on Whole Wheat Bun Chili Sauce Cheese Sauce Homemade Macaroni Salad Homemade Red Potato Salad Baked Beans Roasted Carrot Fries Fresh Chopped Onion Pickles, Relish Shredded Cheese	MEXICAN BOWL Spicy Taco Meat Spicy Fajita Meat Brown Rice Whole Grain Corn Tortilla Shell Rounds Refried Beans Fresh Salsa Seasoned Corn Shredded Cheddar, Lettuce, Diced Tomato, Jalapeños, Sour Cream	BRUNCH FOR LUNCH: Whole Wheat Pancakes WW French Toast Sticks Sausage Links Baked Herb Potatoes Warm Baked Apple Slices Warm Syrup Whole Wheat Biscuit	MOM'S MASHED POTATO BOWL: Chicken Tenders Mashed Potatoes Potato & Cheese Stuffed Pierogi Pasta Steamed Corn Steamed Broccoli Whole Wheat Biscuit Chicken Gravy Fresh Chopped Parsley	COLOMA COMET BOWL: Scallop Potatoes & Ham Goulash Fresh Baked WW Rolls Sweet Peas Glazed Carrots Pasta Salad Caesar Salad
 Lean Beef Burgers w/Cheese, & Breaded Chicken Sandwiches Available Daily	Turkey Corn Dog Nuggets Roasted Carrots	Hot Dog Twist On a Whole Wheat Crust Baked Potato	BBQ Chicken On Whole Wheat Bun Warm Baked Apple Slices	BLT Burger On a Whole Wheat Bun Steamed Corn	Hot Chili Burger On a Whole Wheat Bun With Monterey Jack Cheese Sweet Peas
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps In a Panini Press	Pressed Beef & Bean Burrito w/ Cheese Turkey & Cheese Panini	Cheese Bread Stromboli Ham & Cheese Panini	Toasted Mozzarella & Pepperoni on Whole Wheat w/ Tomato Dipping Sauce Turkey & Cheese Panini	Peppercorn Chicken Reuben Panini Ham & Cheese Panini	Cheese Quesadilla Turkey, Bacon & Cheddar Cheese Panini
 Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Cheese Bosco Sticks With Marinara Sauce	Stuffed Crust Pepperoni & Cheese Pizza	Meat Lovers Flat Bread Pizza	Comet Rip and Dips With Marinara Sauce	Hog Wild Ranch Pizza
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Chilled Breaded Chicken American and Provolone Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH BAR Special: Triple Decker Turkey Club on Whole Wheat Bread*	Made to Order SANDWICH BAR Special: Parisian Ham & Cheese Wrap	Made to Order SALAD BAR Special: Chicken Cordon Bleu Wrap	Made to Order SANDWICH BAR Special: Roast Turkey Pita Pockets w/ Lettuce, Tomato & Dill Mayo	Made to Order SANDWICH BAR Special: Egg Salad on WW Bread
Ranch, Honey Mustard, and Italian Vinaigrette Dressing and Olive Oil & Vinegar Available Daily					
 Fresh Food Fast – Packaged Grab N' Go Deli Chef Salad w/ Crackers available daily	Triple Decker Turkey Club on Whole Wheat Bread* Caesar Salad with WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Parisian Ham & Cheese Wrap Fresh Garden Salad With WW Crackers Taco Salad	Chicken Cordon Bleu Wrap Turkey Ranch Wrap Santa Fe Turkey Wrap	Roast Turkey Pita Pockets w/ Lettuce, Tomato & Dill Mayo Crispy Chicken Popper Salad With WW Crackers Fruit and Yogurt Parfait With Fresh Homemade Granola	Roast Beef & Spicy Tomato Mayo on Multigrain Bread Chicken Caesar Wrap Fresh Garden Salad With Leafy Greens & WW Crackers
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Green Bean Salad Italian Chopped Salad Fresh Cut Seasonal Fruit Fresh Orange Wedges	Caesar Romaine Side Salad w/ WW Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches	Marinated Tomato & Cucumber Salad Tossed Leafy Green Salad w/ Light Dressing Chilled Pineapples Petite Bananas	Buttermilk Coleslaw Spinach Romaine Salad Fruit Crisp Chilled Mandarin Oranges Fresh Apple	Sweet Corn Salad Vegetable Crudités Cup Tossed Leafy Green Salad w/ Light Dressing Cinnamon Applesauce Fresh Apple

 Menu item is made w/ whole grain

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