



Coloma Community Schools Elementary Lunch Menu January 2012

Ala Carte Milk Price: \$0.50 - Ala Carte 100% Juice Price: \$0.50

All meals include a trip to Chartwells food bar. Daily food bar offerings include a variety of fruits and vegetables such as: romaine lettuce, fresh broccoli, baby carrots, fresh fruit, canned fruit and composed salads.

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Holiday Break	3 No School Holiday Break	4 No School Holiday Break	5 No School Holiday Break	6 No School Holiday Break
Weekly Alternatives: Yogurt and Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers) Baby Carrots, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing or Turkey Hot Dog on a Whole Grain Bun, Fruit and Milk				
9 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears Choice of Milk	10 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches Choice of Milk	11 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple Choice of Milk	12 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with Cheese sprinkled on top Orange Smiles Choice of Milk	13 Sweet and Sour Chicken with Brown Rice Fresh Celery Sticks w/ Light Ranch Dip Chilled Pineapples Choice of Milk
Weekly alternatives: Cold Pizza Bagel Fun Lunch (Whole Grain Bagel, Pizza Sauce & Shredded Cheese), Fruit, and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing or PB&J on Whole Grain Bread, Fruit and Milk				
16 No School MLK Day	17 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp Choice of Milk	18 Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears Choice of Milk	19 Chicken & Cheese Quesadilla served w/ Salsa Fresh Banana Choice of Milk	20 Cheese Pizza on Whole Grain Crust Tossed Romaine Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
Weekly Alternatives: Junior Ham & Cheese Sub with w/ Celery Sticks, Fruit and Milk Vegetarian Salad (romaine lettuce, tomato, cheese, hard boiled egg) served with WG Breadstick and Light Ranch Dressing or Turkey Hot Dog on a Whole Grain Bun, Fruit and Milk				
23 Grilled Chicken Sandwich on Whole Grain Bun Baked Sweet Potato Tots Locally Grown MI Apple Choice of Milk	24 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges Choice of Milk	25 Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches Choice of Milk	26 Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe Choice of Milk	27 Nachos w/ Spicy Meat, Cheese, Lettuce & Salsa Rice & Beans Chilled Pineapples Choice of Milk
Weekly Alternatives: Flexitarian Fun Lunch: Hummus, Crackers, Carrot and Celery Sticks, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing or PB&J on Whole Grain Bread, Fruit and Milk				
30 Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp Choice of Milk	31 Whole Grain French Toast Sticks w/ Turkey Sausage Mashed Sweet Potatoes Fresh Banana Choice of Milk			
Weekly Alternatives: Junior Turkey and Cheese in Whole Wheat Wrap w/ Baby Carrots, Fruit and Milk Deli Chef Salad (romaine lettuce, tomato, cheese, deli meat) served with WG Breadstick and Light Ranch Dressing or Turkey Hot Dog on a Whole Grain Bun, Fruit and Milk				



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

Questions??
Call the Foodservice Office @ 269-468-2598
David Rose, FMP
Chartwells Director of Dining Services
david.rose@compass-usa.com
(Menu Subject to Change)

Visit us online at: <http://ccs.coloma.org>
For Additional Menu Updates, Nutritional Information, Recipes and Activities

Milk selections include: 1% white, skim white or skim chocolate. 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.