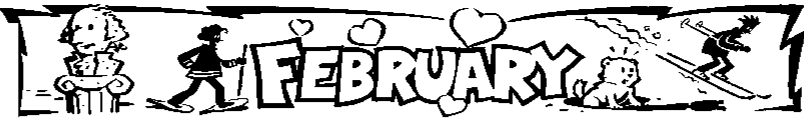


**Sandwich Schedule**  
 Monday - Bologna & Cheese  
 Tuesday - Ham & Cheese  
 Wednesday - Manager's Choice  
 Thursday - Tuna Salad  
 Friday - Ham and Cheese



**Colonial School District Lunch  
 Menu Middle Schools  
 February 2010**

**Daily Selections**  
 Peanut Butter and Jelly    Salad Plate  
 Toasted Cheese                Deli Hoagie  
 Deli Sandwiches                Wraps

|                  |                  |                      |              |
|------------------|------------------|----------------------|--------------|
| <b>Prices:</b>   | <b>Breakfast</b> | <b>Prices:</b>       | <b>Lunch</b> |
| Student K-5      | \$ 0.60          | Student K-5          | \$1.10       |
| Student 6-8      | \$ 0.75          | Student 6-8          | \$1.40       |
| Student 9-12     | \$ 0.75          | Student 9-12         | \$1.40       |
| Student, Reduced | No Charge        | Student, Reduced     | \$0.40       |
| Adult            | \$ 1.50          | Milk (All Varieties) | \$0.50       |
|                  |                  | Adult                | \$2.60       |

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Nutrients  |
|---|--|---|--|---|--|
| <b>1</b><br>Meatball Hoagie<br>Potato Rounds<br>Sliced Pears<br>Milk 1% Lowfat<br> | <b>2</b><br><u>Groundhog Day</u><br>Chicken Tenders<br>Mini Pretzels<br>Sweet Potatoes<br>Peach Cup<br>Milk 1% Lowfat  | <b>3</b><br>Spaghetti and Meat Sauce<br>Homemade Breadstick<br>Salad with Italian Dres.<br>Fruit Ice<br>Milk 1% Lowfat<br> | <b>4</b><br>Pat's Pizza<br>Baked Apples<br>100% Fruit Juice<br>Milk 1% Lowfat  | <b>5</b><br>Cheeseburger on a Bun<br>Potato Wedges<br>Diced Mixed Fruit<br>Milk 1% Lowfat                         | <i>Cal</i> 651<br><i>T.Fat</i> 20.58 G (28.4 %)<br><i>S.Fat</i> 6.9 G (9.5 %)<br><i>Carb</i> 89.93 G (55.3 %)<br><i>Fiber</i> 5.8 G<br><i>Prtn</i> 29.09 G (17.9 %)  |
| <b>8</b><br>Beef Nachos w/<br>Lite Cheese Sauce<br>Lettuce and Tomato<br>Corn<br>Sliced Peaches<br>Milk 1% Lowfat   | <b>9</b><br>BBQ Chicken Sandwich<br>Baked Fries<br>Cinnamon Applesauce<br>Milk 1% Lowfat                               | <b>10</b><br><u>Chinese New Year</u><br>Chicken & Veggie Egg Roll<br>Rice<br>Green Beans<br>Sliced Pears<br>Milk 1% Lowfat<br>Fortune Cookie  | <b>11</b><br>Pat's Pizza<br>Salad with Italian Dres.<br>Diced Mixed Fruit<br>Milk 1% Lowfat                                  | <b>12</b><br>Staff Development Day<br>No School Today   | <i>Cal</i> 610<br><i>T.Fat</i> 17.17 G (25.3 %)<br><i>S.Fat</i> 5.5 G (8.2 %)<br><i>Carb</i> 81.85 G (53.7 %)<br><i>Fiber</i> 6.0 G<br><i>Prtn</i> 31.08 G (20.4 %)  |
| <b>15</b><br>President's Day<br>No School Today<br>                               | <b>16</b><br>Spicy Sichuan Chicken<br>Rice<br>Broccoli<br>Peach Cup<br>Milk 1% Lowfat                                  | <b>17</b><br>Pat's Pizza<br>Salad with Italian Dres.<br>Applesauce<br>Milk 1% Lowfat  | <b>18</b><br>Chicken Nuggets<br>Macaroni and Cheese<br>Peas & Carrots<br>Fruit Ice<br>Milk 1% Lowfat                         | <b>19</b><br>Cheese Quesadilla<br>Corn<br>Sliced Pears<br>Milk 1% Lowfat  | <i>Cal</i> 638<br><i>T.Fat</i> 18.80 G (26.5 %)<br><i>S.Fat</i> 6.4 G (9.0 %)<br><i>Carb</i> 87.55 G (54.9 %)<br><i>Fiber</i> 5.5 G<br><i>Prtn</i> 33.16 G (20.8 %)  |
| <b>22</b><br>Cheeseburger on a Bun<br>Potato Rounds<br>Diced Mixed Fruit<br>Milk 1% Lowfat  | <b>23</b><br>Soft Shell Taco<br>Lettuce, Tomato, Cheese<br>Mexifiesta Rice<br>Corn<br>Sliced Peaches<br>Milk 1% Lowfat | <b>24</b><br>French Toast Sticks<br>Pork Sausage Patty<br>Hash Brown Patty<br>100% Fruit Juice<br>Milk 1% Lowfat  | <b>25</b><br>Popcorn Chicken<br>Wheat Dinner Roll<br>Mashed Potatoes<br>Gravy<br>Green Beans<br>Applesauce<br>Milk 1% Lowfat | <b>26</b><br>Pat's Pizza<br>Salad with Italian Dres.<br>Fresh Fruit<br>Milk 1% Lowfat                             | <i>Cal</i> 697<br><i>T.Fat</i> 25.23 G (32.6 %)<br><i>S.Fat</i> 8.4 G (10.8 %)<br><i>Carb</i> 87.83 G (50.4 %)<br><i>Fiber</i> 5.6 G<br><i>Prtn</i> 32.31 G (18.5 %) |
| <b>1</b><br>Buffalo Chicken Patty on a<br>MultiGrain Roll<br>Lettuce and Tomato<br>Baked Fries<br>Sliced Pears<br>Milk 1% Lowfat                                    | <b>2</b><br>Pat's Pizza<br>Corn<br>Apple Slices<br>Milk 1% Lowfat  | <b>3</b><br>Spaghetti and Meat Sauce<br>Homemade Breadstick<br>Salad with Italian Dres.<br>Peach Cup<br>Milk 1% Lowfat  | <b>4</b><br>Chicken Nuggets<br>Mini Pretzels<br>Scalloped Potatoes<br>Diced Fruit Mix<br>Milk 1% Lowfat                      | <b>5</b><br>Baked Mozzarella Strips<br>Marinara Sauce<br>California Blend Veggies<br>Applesauce<br>Milk 1% Lowfat | <i>Cal</i> 648<br><i>T.Fat</i> 19.96 G (27.7 %)<br><i>S.Fat</i> 6.2 G (8.6 %)<br><i>Carb</i> 86.14 G (53.2 %)<br><i>Fiber</i> 6.0 G<br><i>Prtn</i> 32.18 G (19.9 %)  |

Buy 10, get one Lunch Free!! K-5: \$11.00 6-12: \$14.00 Reduced: \$4.00 Send Cash or Check to the School Cafeteria \*This does not apply to a student whose account is in debt.\*