


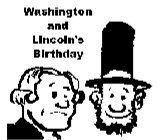



**Colonial School District
Lunch Menu for John G. Leach
February 2010**

Daily Selections
Peanut Butter & Jelly
Grilled Cheese

Sandwich Schedule
Monday - Bologna & Cheese
Tuesday - Turkey Wrap
Wednesday - Tuna Salad
Thursday - Deli Hoagie
Friday - Ham and Cheese

Prices:	Breakfast	Prices:	Lunch
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
1 Meatball Hoagie Potato Rounds Sliced Pears Milk 1% Lowfat 	2 Groundhog Day! Chicken Tenders Smart Cookies Sweet Potatoes Bananas Milk 1% Lowfat	3 French Bread Pizza Steamed Carrots Baked Apples Milk 1% Lowfat 	4 Spaghetti and Meat Sauce Homemade Breadstick Green Beans Bananas Milk 1% Lowfat	5 Cheeseburger on a Bun Peas Peach Cup Milk 1% Lowfat	<i>Cal</i> 651 <i>T.Fat</i> 20.58 G (28.4 %) <i>S.Fat</i> 6.9 G (9.5 %) <i>Carb</i> 89.93 G (55.3 %) <i>Fiber</i> 5.8 G <i>Prtn</i> 29.09 G (17.9 %)
8 Chicken Patty on a MultiGrain Roll Lettuce and Tomato Baked Fries Sliced Peaches Milk 1% Lowfat	9 Beef Nachos w/ Lite Cheese Sauce Lettuce and Tomato Steamed Carrots Bananas Milk 1% Lowfat	10 <u>Chinese New Year</u> Chicken & Veggie Egg Roll Rice Green Beans Bananas Milk 1% Lowfat Fortune Cookie	11 Stuffed Crust Pizza Peas Cinnamon Applesauce Milk 1% Lowfat	12 Staff Development Day No School Today	<i>Cal</i> 610 <i>T.Fat</i> 17.17 G (25.3 %) <i>S.Fat</i> 5.5 G (8.2 %) <i>Carb</i> 81.85 G (53.7 %) <i>Fiber</i> 6.0 G <i>Prtn</i> 31.08 G (20.4 %)
15 President's Day No School Today 	16 Hot Dogs Potato Wedges Sliced Pears Milk 1% Lowfat	17 Star, Shell, & Fish shaped Fish Nuggets Macaroni and Cheese Peas & Carrots Bananas Milk 1% Lowfat	18 Spicy Sichuan Chicken & Rice Broccoli Peach Cup Milk 1% Lowfat	19 Homemade Pizza Green Beans Applesauce Milk 1% Lowfat	<i>Cal</i> 638 <i>T.Fat</i> 18.80 G (26.5 %) <i>S.Fat</i> 6.4 G (9.0 %) <i>Carb</i> 87.55 G (54.9 %) <i>Fiber</i> 5.5 G <i>Prtn</i> 33.16 G (20.8 %)
22 Cheeseburger on a Bun Potato Rounds Peaches Milk 1% Lowfat	23 Soft Shell Taco Lettuce, Tomato, Cheese Mexifiesta Rice Steamed Carrots Bananas Milk 1% Lowfat	24 French Toast Sticks Pork Sausage Patty Hash Brown Patty Bananas Milk 1% Lowfat	25 Popcorn Chicken Wheat Dinner Roll Mashed Potatoes Gravy Green Beans Applesauce Milk 1% Lowfat	26 Thick Crust Pizza Peas Peach Cup Milk 1% Lowfat	<i>Cal</i> 697 <i>T.Fat</i> 25.23 G (32.6 %) <i>S.Fat</i> 8.4 G (10.8 %) <i>Carb</i> 87.83 G (50.4 %) <i>Fiber</i> 5.6 G <i>Prtn</i> 32.31 G (18.5 %)
1 Baked Mozzarella Strips Marinara Sauce California Blend Veggies Sliced Pears Milk 1% Lowfat	2 <u>Dr. Seuss's Birthday</u> Dr. Seuss's ABC Nuggets If I Ran the Zoo Crackers Green Peas & Carrots Ten Apples on Top! Mr. Brown Can Moo Milk 	3 Chicken Patty on a MultiGrain Roll Lettuce and Tomato Baked Fries Bananas Milk 1% Lowfat	4 Spaghetti and Meat Sauce Homemade Breadstick Green Beans Peach Cup Milk 1% Lowfat	5 French Bread Pizza Steamed Carrots Applesauce Milk 1% Lowfat	<i>Cal</i> 648 <i>T.Fat</i> 19.96 G (27.7 %) <i>S.Fat</i> 6.2 G (8.6 %) <i>Carb</i> 86.14 G (53.2 %) <i>Fiber</i> 6.0 G <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.*