

Sandwich Schedule
Monday - Bologna & Cheese
Tuesday - Ham & Cheese
Wednesday - Egg Salad Sandwich
Thursday - Turkey & Cheese
Friday - Ham & Cheese



Daily Selections
Peanut Butter and Jelly
Toasted Cheese Wraps
Salad Platter Deli Sandwiches
Tuna Salad Sandwich

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

**Colonial School District
William Penn High
February 2010**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
1 Meatball Hoagie Potato Rounds Sliced Pears Milk 1% Lowfat	2 <u>Groundhog Day</u> Chicken Tenders Mini Pretzels Sweet Potatoes Peach Cup Milk 1% Lowfat 	3 Cheeseburger on a Bun Corn Baked Apples Milk 1% Lowfat 	4 Spaghetti and Meat Sauce Homemade Breadstick Salad with Italian Dres. Fruit Ice Milk 1% Lowfat	5 Pat's Pizza Diced Mixed Fruit 100% Fruit Juice 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>Prtu</i> 29.09 G (17.9 %)
8 Beef Nachos w/ Lite Cheese Sauce Lettuce and Tomato Corn Sliced Peaches Milk 1% Lowfat	9 Pat's Pizza Salad with Italian Dres. Cinnamon Applesauce Milk 1% Lowfat	10 <u>Chinese New Year</u> Chicken & Veggie Egg Roll Rice Green Beans Sliced Pears Milk 1% Lowfat Fortune Cookie	11 BBQ Chicken Sandwich Baked Fries Diced Mixed Fruit 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>Prtu</i> 31.08 G (20.4 %)
15 President's Day No School Today 	16 Spicy Sichuan Chicken Rice Broccoli Peach Cup Milk 1% Lowfat	17 Cheese Quesadilla Corn Sliced Pears Milk 1% Lowfat	18 Chicken Nuggets Macaroni and Cheese Peas & Carrots Fruit Ice Milk 1% Lowfat	19 Pat's Pizza Salad with Italian Dres. 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>Prtu</i> 33.16 G (20.8 %)
22 Cheeseburger on a Bun Potato Rounds Diced Mixed Fruit Milk 1% Lowfat	23 Soft Shell Taco Lettuce, Tomato, Cheese Mexifiesta Rice Corn Sliced Peaches Milk 1% Lowfat	24 Popcorn Chicken Wheat Dinner Roll Mashed Potatoes Gravy Green Beans Applesauce Milk 1% Lowfat	25 Pat's Pizza Salad with Italian Dres. Fresh Fruit Milk 1% Lowfat	26 French Toast Sticks Pork Sausage Patty Hash Brown Patty 100% Fruit Juice 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>Prtu</i> 32.31 G (18.5 %)
1 Baked Mozzarella Strips Marinara Sauce California Blend Veggies Sliced Pears Milk 1% Lowfat	2 Chicken Nuggets Mini Pretzels Scalloped Potatoes Apple Slices Milk 1% Lowfat	3 Buffalo Chicken Patty on a MultiGrain Roll Lettuce and Tomato Baked Fries Diced Mixed Fruit Milk 1% Lowfat	4 Spaghetti and Meat Sauce Homemade Breadstick Salad with Italian Dres. Peach Cup Milk 1% Lowfat	5 Pat's Pizza Corn 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>Prtu</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.*