



**Colonial School District  
Lunch Menu for  
Elementary Schools**

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

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

<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> Meatball Hoagie Potato Rounds Sliced Pears Milk 1% Lowfat  	<b>2</b> <b>Groundhog Day!</b> Chicken Tenders Smart Cookies Sweet Potatoes Peach Cup Milk 1% Lowfat	<b>3</b> French Bread Pizza Baby Carrots Lite Ranch Dip Baked Apples Milk 1% Lowfat  	<b>4</b> Spaghetti and Meat Sauce Homemade Breadstick Salad with Italian Dres. Fruit Ice Milk 1% Lowfat	<b>5</b> Cheeseburger on a Bun Corn Diced Mixed Fruit 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 %)
<b>8</b> Chicken Patty on a MultiGrain Roll Lettuce and Tomato Baked Fries Sliced Peaches Milk 1% Lowfat	<b>9</b> Beef Nachos w/ Lite Cheese Sauce Lettuce and Tomato Corn Cinnamon Applesauce Milk 1% Lowfat	<b>10</b> <b>Chinese New Year</b> Chicken & Veggie Egg Roll Rice Green Beans Sliced Pears Milk 1% Lowfat Fortune Cookie	<b>11</b> Stuffed Crust Pizza Salad with Italian Dres. Diced Mixed Fruit Milk 1% Lowfat	<b>12</b> 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 %)
<b>15</b> President's Day No School Today  	<b>16</b> Hot Dogs Potato Wedges Sliced Pears Milk 1% Lowfat	<b>17</b> Star, Shell, & Fish shaped Fish Nuggets Macaroni and Cheese Peas & Carrots Fruit Ice Milk 1% Lowfat	<b>18</b> Spicy Sichuan Chicken Rice Broccoli Peach Cup Milk 1% Lowfat	<b>19</b> Homemade 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>Prtn</i> 33.16 G (20.8 %)
<b>22</b> Cheeseburger on a Bun Potato Rounds Diced Mixed Fruit Milk 1% Lowfat	<b>23</b> Soft Shell Taco Lettuce, Tomato, Cheese Mexifiesta Rice Corn Sliced Peaches Milk 1% Lowfat	<b>24</b> French Toast Sticks Pork Sausage Patty Hash Brown Patty 100% Fruit Juice Milk 1% Lowfat	<b>25</b> Popcorn Chicken Wheat Dinner Roll Mashed Potatoes Gravy Green Beans Applesauce Milk 1% Lowfat	<b>26</b> Thick Crust Pizza Salad with Italian Dres. Fresh Fruit 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 %)
<b>1</b> Baked Mozzarella Strips Marinara Sauce California Blend Veggies Sliced Pears Milk 1% Lowfat	<b>2</b> <b>Dr. Seuss's Birthday</b> Dr. Seuss's ABC Nuggets If I Ran the Zoo Crackers Green Peas & Carrots Ten Apples on Top! Mr. Brown Can Moo Milk  	<b>3</b> Chicken Patty on a MultiGrain Roll Lettuce and Tomato Baked Fries Diced Mixed Fruit Milk 1% Lowfat	<b>4</b> Spaghetti and Meat Sauce Homemade Breadstick Salad with Italian Dres. Peach Cup Milk 1% Lowfat	<b>5</b> French Bread Pizza Baby Carrots Lite Ranch Dip 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.\***