



## Colonial Middle School Lunch Menu

This institution is an equal opportunity provider.

## Available Daily

**Entrée Salads, Deli Sandwiches/Hoagies, PB&J Uncrustables, 100% Juice Slushies, Ice Cream, Snacks, & Drinks**  
**Sushi sold a la carte on Thursdays**  
**Breakfast Served Daily**

### Featured Specials of the Day

**Monday, January 2**

No School

**Tuesday, January 3**

Italian Meatball Sub

Choice of Two Fruits/Vegetables

Choice of Flavored or Unflavored 8 oz Low Fat Milk

**Wednesday, January 4**

Macaroni & Cheese

Choice of Two Fruits/Vegetables

Choice of Flavored or Unflavored 8 oz Low Fat Milk

**Thursday, January 5**

Chicken Patty Sandwich on Wheat (w lettuce/tomato)

Choice of Two Fruits/Vegetables

Choice of Flavored or Unflavored 8 oz Low Fat Milk

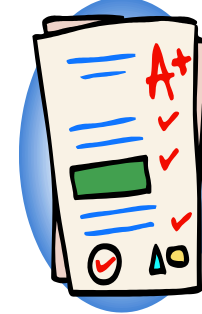
**Friday, January 6**

The "Wedge" Pizza (whole grain)

Choice of Two Fruits/Vegetables

Choice of Flavored or Unflavored 8 oz Low Fat Milk

# Eat up.



Guess what? When you "eat up," your grades go up, too. Research strongly suggests that when you regularly eat balanced, nutritious meals, you pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals for you at school, so we hope you will join us often!

**Breakfast**

**Lunch**

**\$1.40 \$2.95**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
 610-834-1670 or [dleigh@colonialsd.org](mailto:dleigh@colonialsd.org)

# FIT FAT

WANNA STAY FIT?

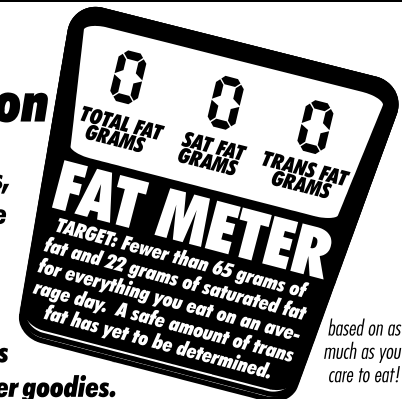
FIGHT THE FAT!



**ITEM: Citrus Fruit**

**VERDICT: 'Tis the Season**

**TIP:** Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months. When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

## Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to  
**mySchoolBucks.com**

## Featured Specials of the Day

### Monday, January 9

Oven Baked Popcorn Chicken  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Tuesday, January 10

Peirogie Platter  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Wednesday, January 11

Fresh Salad Bar w Cup of Soup  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Thursday, January 12

Spaghetti w Meat Sauce  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Friday, January 13

Stuffed Crust Whole Wheat Pizza  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

## Featured Specials of the Day

### Monday, January 16

School will be closed on Monday, January 16 in honor of Martin Luther King, Jr.'s Birthday



### Tuesday, January 17

Nachos Supreme w Black Beans and Brown Rice  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Wednesday, January 18

Hoagie Bar  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Thursday, January 19

Toasted Ham & Cheese or Toasted Turkey & Cheese w Soup  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Friday, January 20

French Bread Pizza  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

## DON'T LET THIS HAPPEN TO YOU!!!

SURELY, IF NICK SHOOK HARD ENOUGH, THE REMAINS OF HIS SMASHED SANDWICH WOULD EVENTUALLY COME UNGLUED FROM THE BOTTOM OF HIS BACKPACK.



### NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

VEGETABLE CHILI  
WHEAT ROLL W/BUTTER  
MASHED POTATOES  
APPLE COBLER  
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 782  
CALORIES FROM PROTEIN: 15%  
CAL. FROM CARBOHYDRATES: 59%  
CALORIES FROM FAT: 26%  
GOAL: 30% OR LESS FAT CALORIES

# 龍

The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



## YEAR OF THE DRAGON

## Featured Specials of the Day

### Monday, January 23

Oven Baked Chicken Breast Delite Bites  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Tuesday, January 24

Chinese New Year Celebration!  
Chicken Egg Rolls w Rice & Fortune Cookie  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Wednesday, January 25

Sloppy Joe Sandwiches  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Thursday, January 26

Philly Cheese Steak on Wheat Roll  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Friday, January 27

Papa John's Pizza  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Monday, January 30

Oven Baked Popcorn Chicken  
Choice of Two Fruits/Vegetables  
Choice of Flavored or Unflavored 8 oz Low Fat Milk

### Tuesday, January 31

Toasted Cheese Sandwich w Cup of Soup  
Choice of Two Fruits/Vegetables & 8 oz Milk

Please see reverse for items available daily