

Coloma Community Schools Middle School Lunch Menu

January 9th – 13th

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	NORTHEAST ASIAN RICE BOWL: Korean Braised Ribbies Steamed Brown Rice Fresh Carrots & Onions Bok Choy with Garlic and Ginger Crunchy Asian Topping Garlic Sesame Sauce Fresh Chopped Green Onion	MASHED POTATO BOWL: Breaded Popcorn Chicken Mashed Potatoes Seasoned Corn Roasted Carrot Fries WG Bread Stick Homemade Chicken Gravy Fresh Shredded Carrot	NACHO BOWL: Spicy Turkey Taco Meat Whole Grain Corn Tortilla Shell Rounds Corn & Black Bean Salad Cinnamon Breadstick Homemade Cheese Sauce	AMERICAN DINER BOWL: Roast Turkey w/ Gravy Bread Stuffing Made w/ Whole Wheat Mashed Sweet Potatoes Seasoned Green Beans Whole Grain Dinner Roll Homemade Turkey Gravy Cranberry Sauce	ITALIAN PASTA BOWL: Saucy Italian Meatballs Curly Rotini Pasta Fresh Steamed Veggie Medley Toasted Whole Grain Garlic Bun Red Marinara Sauce Roma Herb Seasoning Blend
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	Hot Chili Burger w/ Monterey Jack Breaded Chicken Sandwich on WW Bun Broccoli w/ Shredded Cheese Fresh Romaine Lettuce & Tomato	Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit Roast Beef and Cheese Wrap Roasted Carrot Fries Fresh Romaine Lettuce & Tomato	Pizza Burger on a Whole Wheat Bun Chicken Snack Wrap Baked Potato Fresh Romaine Lettuce & Tomato	Breaded Chicken Parm Sandwich Country Skillet Breakfast Wrap Green Beans Fresh Romaine Lettuce & Tomato	Thanksgiving Wrap Cheese Quesadilla with Yogurt Salsa Steamed Veggie Medley Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust	Chicken Tostado Flatbread	Cheese Finger Rip & Dips w/ Tomato Dipping Sauce	Pepperoni Pizza on Whole Grain Crust	Ham & cheese Stromboli
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Sweet Corn Salad</p>	Made to Order SANDWICH Bar Special: Chicken Caesar Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SALAD Bar Special: Popcorn Chicken Salad w/Homemade Spicy Dressing	Made to Order SANDWICH Bar Special: Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo	Made to Order SANDWICH Bar Special: Santa Fe Turkey & Cheddar Wrap
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Chicken Caesar Wrap Ham & Cheese on a Kaiser roll Fruit Yogurt Parfait w/ Granola Topping	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Toasted Whole Wheat Bagel with Fresh Veggies and Hummus Fruit Yogurt Parfait w/ Granola Topping	Popcorn Chicken Salad w/Homemade Spicy Dressing Turkey Club Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Chicken Caesar Salad w/ Croutons Roast Beef and Swiss on Whole Wheat Bagel with Cajun mayo Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Garden Cheese Salad with Crackers Santa Fe Turkey & Cheddar Wrap Honey Mustard Chicken Pasta Salad Fruit Yogurt Parfait w/ Granola Topping
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Sweet Corn Salad Romaine Tossed Salad Chilled Mixed Fruit Fresh Orange Wedges	Celery Sticks Carrot Sticks Sweet Chewy Raisins Fresh Pear	Sweet Corn Salad Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Corn & Black Bean Salad Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit	Sweet Corn Salad Carrot Sticks Tossed Salad w/ Light Dressing Cinnamon Applesauce



Go to www.choosemyplate.gov & www.eatlearnlive.com & www.simplygoodfood.org for online personal wellness resources for you and your family



The school food service program prohibits discrimination on the basis of race, color, religion, national origin, age, sex, marital status, height, weight, or disability.
 (Menu subject to change)
 David Rose, FMP
 Director of Dining Services
 (269) 468-2598 <http://ccs.coloma.org>

Coloma Community Schools Middle School Lunch Menu

January 16th – 20th

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and skim chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>No School</p> <p>MLK DAY</p>	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Brown Veggie Rice</p> <p>Roasted Italian Vegetables</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p>	<p>FAJITA BOWL:</p> <p>Fajita Chicken</p> <p>Cilantro Lime Chips</p> <p>Black Beans</p> <p>Roasted Bell Peppers & Onions</p> <p>Whole Grain Tortilla</p> <p>Shredded Cheddar</p> <p>Chopped Cilantro</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Baked Sweet Potato</p> <p>Fresh Glazed Carrots</p> <p>Sweet Peas</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Homemade Chicken Gravy</p> <p>Fresh Parsley</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Herb Roasted Potatoes</p> <p>Fresh Orange Wedges</p> <p>Warm Baked Apple Slices</p> <p>Whole Wheat Pancake Warm Syrup</p> <p>Shredded Cheddar</p>
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>		<p>Philly Cheese Steak on a Roll</p> <p>Grilled Teriyaki Turkey Sandwich on Kaiser</p> <p>Fruit Crisp</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Alpine Swiss Burger</p> <p>Triple Decker Toasted Cheese on Whole Wheat</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Ham and American Cheese Breakfast Flatbread Fold</p> <p>Sweet Peas</p> <p>Fresh Romaine & Tomato</p>	<p>Greek Whole Grain Breaded Chicken Sandwich on a Whole Grain Bun</p> <p>Meatball Parmesan Pizza Warp</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>		<p>Whole Grain Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p>	<p>Cheese Fingers Rip and Dip w/ Tomato Dipping Sauce</p>	<p>Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Margherita Flatbread</p>
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Green Goddess Pasta Salad</p>		<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Salad on Whole Wheat</p>	<p>Made to Order SALAD Bar</p> <p>Special: Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing & Toasted Flatbreads</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p>		<p>Wild Greens Antipasto Salad w/ Dinner Roll</p> <p>Buffalo Chicken Salad on a Whole Wheat Bagel</p> <p>Chicken Caesar Wrap</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Monterey Ranch Chicken Salad w/ Homemade Ranch Dressing</p> <p>Turkey Club Bagel Sandwich</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Roast Beef & Swiss on WG Sub Bun w/ Golden Honey Mustard</p> <p>Ham & Cheese on a Kaiser Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Santa Fe Turkey and Cheddar Wrap</p> <p>Italian Hero</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>		<p>Fresh Local Apples</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Fruit Crisp</p>	<p>Chilled Pineapples</p> <p>Fruit Goop</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Caesar Romaine Salad w/Croutons</p> <p>Chilled Pears</p> <p>Fresh Local Apple Salad</p> <p>Green Goddess Pasta Salad</p>	<p>Chilled Cinnamon Applesauce</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing</p> <p>Pear Raisin Salad</p>



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(Menu subject to change)
David Rose, FMP

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Coloma Community Schools Middle School Lunch Menu

January 23rd – 27th

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

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Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	BACKYARD BBQ BOWL: Honey BBQ Chicken Cheddar Potato Strips Fresh Locally Grown Corn on the Cob Seasoned Collard Greens Warm Breadstick Honey BBQ Sauce Fresh Chopped Green Onion	FIESTA POTATO BOWL: Spicy Mexican Beef Whole Baked Potato Steamed Broccoli Cuts Southwest Corn & Black Bean Salad Homemade Corn Bread or Whole Grain Dinner Roll Homemade Cheddar Cheese Sauce Fresh Shredded Carrot	AMERICAN DINER BOWL: Meat Loaf Mashed Potatoes Seasoned Green Beans Seasoned Mixed Veggies Whole Grain Dinner Roll Homemade Brown Gravy Green Parsley Flakes	CAJUN RICE BOWL: Savory Crumbled Sausage, Diced Ham Cajun Brown Rice Warm Baked Apple Slices Fresh Baked Biscuit Spicy Tomato Sauce Fresh Chopped Green Onion	ITALIAN PASTA BOWL: Italian Marinated Chicken Fettuccini Roasted Italian Vegetables Made w/ Fresh Locally Grown Zucchini & Green Peppers Garlic Twist Creamy Roasted Garlic Sauce or Red Marinara Sauce Roma Herb Seasoning Blend
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	Turkey Corn Dog Nuggets Salsa and Bean Dip with WG Corn Chips Fresh Locally Grown Corn on the Cob Fresh Romaine Lettuce & Tomato	Breaded Chicken Tenders with Biscuit Lean Beef Burger with Cheese Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	BLT Burger on Whole Wheat Bun Spicy Chicken Sandwich on Whole Wheat Bun Seasoned Mixed Veggies Fresh Romaine Lettuce & Tomato	BBQ Chicken on a Whole Wheat Bun Grilled turkey Club Sandwich on Whole Wheat Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato	Chicken Parmesan Wrap Southern BBQ Meatloaf Sandwich Roasted Italian Vegetables Fresh Romaine Lettuce & Tomato
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	Pepperoni Pizza on Whole Grain Crust	Chicken Florentine Flatbread	Cheese Stuffed Breadsticks with Dipping Sauce	Ham & Cheese Hot Pocket w/ Tomato Dipping Sauce	BBQ Chicken Pizza on Whole Grain Crust
<p>Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Buttermilk Coleslaw Made w/ Fresh Locally Grown Cabbage</p>	Made to Order SANDWICH Bar Special: Turkey Club Wrap	Made to Order SANDWICH Bar Special: Parisian Ham & Cheese Wrap	Made to Order SANDWICH Bar Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo	Made to Order SALAD Bar Special: Mandarin Orange Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing & Crackers	Made to Order SANDWICH Bar Special: Classic Chicken Salad Wrap
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	Deli Chef Salad w/ Crackers Turkey Club Wrap Toasted Whole Wheat Bagel Chips w/ Fresh Veggies & Hummus Fruit Yogurt Parfait w/ Granola Topping	Cobb Salad w/ Crackers Parisian Ham & Cheese Wrap Chicken Caesar Wrap Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Crackers Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato & Cranberry Mayo Italian Hero Fruit Yogurt Parfait w/ Granola Topping	Mandarin Chicken Salad w/ Homemade Sesame Soy Vinaigrette Dressing Turkey Club Wrap Buffalo Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping	Crispy Chicken Popper Salad w/ Crackers Grilled Chicken and Roasted Vegetables on a Kaiser Roll Made w/ Fresh Locally Grown Zucchini & Green Peppers on a Kaiser Roll w/ Homemade Macaroni Salad Classic Chicken Salad Wrap Fruit Yogurt Parfait w/ Granola Topping
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	Homemade Coleslaw Caesar Romaine Salad w/ Croutons Chilled Pears Fresh Orange Wedges	Caesar Romaine Side Salad w/ Croutons Southwest Corn & Black Bean Salad Fresh Local Apples Chilled Peaches	Homemade Coleslaw Tossed Salad w/ Light Dressing Fruit Crisp Chilled Mandarin Oranges	Marinated Tomato & Cucumber Salad Made w/ Locally Grown Cucumbers & Tomatoes Tossed Salad w/ Light Dressing Chilled Pineapples Fresh Banana	Homemade Coleslaw Carrot Sticks Fruit Crisp Chilled Applesauce



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<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p>	<p>SWEET N SOUR CHICKEN BOWL:</p> <ul style="list-style-type: none"> Popcorn Chicken Oriental Fried Rice Roasted Red and Green Bell Peppers Stir Fry Vegetables Crunchy Asian Topping Whole Grain Dinner Roll Sweet N Sour Sauce Fresh Chopped Green Onion 	<p>ITALIAN PASTA BOWL:</p> <ul style="list-style-type: none"> Bow Tie Pasta Shredded Part Skim Mozzarella Steamed Broccoli Whole Wheat Toasted Garlic Bun Red Marinara Sauce with Meatballs Creamy Roasted Garlic Sauce Roma Herb Seasoning Blend 			
<p>Unique hand held hot sandwiches and finger food combo's rule here!</p>	<ul style="list-style-type: none"> Buffalo Chicken Slyders Lean Beef Burger with Cheese on Whole Wheat Bun Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato 	<ul style="list-style-type: none"> Jalapeno Turke Burger on Whole Wheat Bun Stromboli Grinder Steamed Broccoli Fresh Romaine Lettuce & Tomato 			
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese on Whole Grain Crust Fresh Baked Daily</p>	<ul style="list-style-type: none"> Pepperoni Pizza on Whole Grain Crust 	<ul style="list-style-type: none"> Cheeseburger Flatbread 			
<p>Cold Sandwiches & Salads Made Fresh Your Way</p> <p>Available Daily: Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad American and Part Skim Mozzarella Cheese Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Fruit Goop</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Chicken Caesar Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Santa Fe Turkey and Cheddar Wrap</p>			
<p>Fresh Food Fast-Packaged for Grab N' Go</p>	<ul style="list-style-type: none"> Garden Cheese Salad w/ Crackers Chicken Caesar Wrap w/ Homemade Macaroni Salad Tuna Salad Wrap Fruit Yogurt Parfait w/ Granola Topping 	<ul style="list-style-type: none"> Chunky Tuna Salad w/ Crackers Santa Fe Turkey and Cheddar Wrap Italian Hero Fruit Yogurt Parfait w/ Granola Topping 			
<p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<ul style="list-style-type: none"> Fruit Goop Crunchy Spinach Salad Chilled Pears Fresh Orange Wedges 	<ul style="list-style-type: none"> Carrot Sticks Homemade Coleslaw Fruit Goop Chilled Mixed Fruit 			



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