



Coloma Little Learners Lunch Menu January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School Christmas Break	3 No School Christmas Break	4 No School Christmas Break	5 No School Christmas Break	6
9 Hot Ham & Cheese on a Whole Grain Bagel Baked Sweet Potato Fries Chilled Pears 1% White Milk	10 Turkey Taco Salad w/ Tortilla Shell Rounds Rice & Beans Chilled Peaches 1% White Milk	11 Baked Breaded Fish Sticks w/ Cheesy Macaroni & Whole Grain Dinner Roll Cucumber Coins with Low Fat Ranch Locally Grown Apple 1% White Milk	12 Whole Grain Mini Chicken Corn Dogs w/ Whole Grain Breadstick Steamed Broccoli with Cheese sprinkled on top Orange Smiles 1% White Milk	13
16 No School MLK Day	17 Toasted Cheese Sandwich on Whole Grain Bread w/ Tomato Soup Cup & Crackers Fresh Baby Carrots Fruit Crisp 1% White Milk	18 Cheesy Red Rotini Bake Seasoned Green Beans Chilled Pears 1% White Milk	19 Chicken & Cheese Quesadilla served w/ Salsa Fresh Banana 1% White Milk	20
23 Grilled Chicken Sandwich on Whole Grain Bun Baked Sweet Potato Tots Locally Grown MI Apple 1% White Milk	24 Carved Turkey with Homemade Gravy Whole Grain Dinner Roll Mashed Potatoes Mandarin Oranges 1% White Milk	25 Sloppy Joe Scoops Fresh Creamy Coleslaw Made w/ Locally Grown Cabbage Chilled Peaches 1% White Milk	26 Turkey Hot Dog on a Whole Grain Bun Tater Tots Locally Grown MI Cantaloupe 1% White Milk	27
30 Cheese Burger on WG Bun Seasoned Green Beans Fruit Crisp 1% White Milk	31 Whole Grain French Toast Sticks w/ Turkey Sausage Mashed Sweet Potatoes Fresh Banana 1% White Milk			3



Go to www.choosemyplate.gov for online personal wellness resources for you and your family.

Questions??

Call the Foodservice Office @ 269-793-7082

David Rose, FMP

Chartwells Director of Dining Services

david.rose@compass-usa.com

(Menu Subject to Change)

Visit us online at: www.hpsvikings.org & www.simplygoodfood.org

For Additional Menu Updates, Nutritional Information, Recipes and Activities

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.