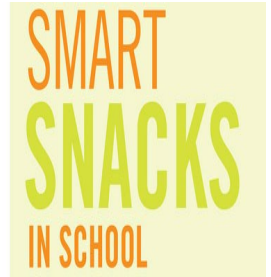


Colonial School District Nutrition Services Department

A la Carte/Smart Snacks

In an effort to improve the health and wellness of our students, the Nutrition Services Department provides our students an overall healthy school environment with healthy snacking options.



Fresh Fruit & Vegetable Program

FRESH FRUIT & VEGETABLE PROGRAM Colonial supports the USDA's effort of combating childhood obesity by taking an active role in participating in the fresh fruit and vegetable program. All elementary students can enjoy an additional fresh Fruit or Vegetable serving every Tuesday, Wednesday and Thursday during the school year. The program introduces children to a variety of fresh produce that they otherwise might not have the opportunity to enjoy.

School Gardens/Penn Farm/ Locally Sources Food

School Gardens connect schools and gardens with school lunch meals through seasonal harvest events and educational activities. Students participate in harvest events that take place in October/November and then again in May/June. Click here for more information regarding Colonial School Gardens.

Interested in learning more about Colonial School Districts Penn Farm? Click here. Colonial School District Nutrition Services proudly supports Delaware State products from our own local Penn Farm and Fifer Orchards. Check out the MONTHLY MENUS for highlighted locally sourced menu items.



Drink More Water!

Water consumption is an important component in a nutritious diet. Because behavioral patterns are established at an early age, encouraging children to drink water can play an important role in addressing childhood obesity.



Brand Name Food Products



Colonial School District Nutrition Services offers a variety of branded food products in our program. Our goal is to provide our students healthy nutrition while meeting the nutritional guidelines set by the USDA. Our branded products are healthier alternatives of popular items that children enjoy eating at home.

Monthly Menus

Our monthly menus are carefully planned by a Registered Dietitian. Our school meals provide a variety of healthy, great-tasting and creative food choices. We make certain our PK-12 students are offered a variety of smart choices such as: Whole Grain Breads, Assorted Fruits, Variety of Vegetables, Fresh Salads, Low Fat and Fat Free Milk.

