



Coal City Middle and Intermediate School
 February Lunch Menu
Daily Tray Cost: \$2.65



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese with Tomato Soup Goldfish Crackers Green Beans Pineapple Milk-Variety or Water <u>MS Ala Carte</u> Fiestada	2 Deli Ham Sandwich with Sun Chips Fresh Apple Red Pepper Strips Celery Sticks/Ranch Milk-Variety or Water <u>MS Ala Carte</u> Grilled Chicken
Average 2/1 – 2/2: Calories: 540 Sodium: 1611 mg Carbohydrates: 75.72 g Sat Fat: 5.3 g				
5 Hamburger on a Bun Sweet Potato Fries Green Beans/Pineapple Milk-Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	6 Chicken Patty on a Bun Celery Sticks/Ranch Steamed Peas/Mandarin Oranges Pudding Cup Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	7 Quesadilla/Salsa Black Beans/Corn Carrots/Ranch Mixed Fruit Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	8 Taco in Tortilla with a Churro Romaine Lettuce/Ranch Red Pepper Strips Fresh Apple Milk- Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	9 Mini Corn Dogs Steamed Corn Fresh Broccoli Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Chicken Patty
Average 2/5 – 2/9: Calories: 651 Sodium: 987 mg Carbohydrates: 88.11 g Sat Fat: 5.4 g				
12 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Peas/Pears Fruit Juicy Milk – Variety or Water <u>MS Ala Carte</u> Pizza	13 Rib Patty on a Bun Tater Tots Celery Sticks/Ranch Orange Smiles Milk-Variety or Water <u>MS Ala Carte</u> Calzone	14 <u>BirthDay Celebration</u> Bosco Sticks with Marinara Sauce Green Beans/Mixed Fruit Fresh Broccoli/ <u>BirthDay Treat!</u> Milk- Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	15 Early Dismissal No Lunch Served	16 No School Teacher Institute
Average 2/12 – 2/16: Calories: 635 Sodium: 1010 mg Carbohydrates: 79.75 g Sat Fat: 5.3 g				
19 No School Presidents Day	20 Pizza Boat Steamed Corn/Peaches Red Pepper Strips Pudding Cup Milk-Variety or Water <u>MS Ala Carte</u> Turkey Fritter	21 Hamburger on a Bun Steamed Broccoli Carrot Sticks/Ranch Pineapple Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	22 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Teddy Grahams/Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	23 Baja Fish Sticks with a Nutrigrain Bar Coleslaw Fresh Broccoli Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Chalupa
Average 2/19-2/23: Calories: 648 Sodium: 1060 mg Carbohydrates: 89.64 g Sat Fat: 6.5 g				
26 Chicken & Waffles Celery Sticks/Ranch Carrot Sticks/Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Bosco Sticks	27 Pizza Green Beans/Pineapple Carrot Sticks/Ranch Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	28 Fiestada Steamed Broccoli Fresh Cauliflower/Pears Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar		
Average 2/26-2/28: Calories: 650 Sodium: 1257 mg Carbohydrates: 90.64 g Sat Fat: 8.2 g				

Low Balance reminders will be sent via email on the last day of the week.

***Wow butter is produced in a peanut & tree-nut free environment.**