

Coal City High School February Lunch Menu
Daily Tray Cost: \$2.90

February

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese with Tomato Soup Goldfish Crackers Green Beans Pineapple Milk-Variety or Water <u>Ala Carte</u> Turkey Fritter	2 Deli Ham Sandwich with Sun Chips Fresh Apple Red Pepper Strips Celery Sticks/Ranch Milk-Variety or Water <u>Ala Carte</u> Pizza
Average 2/1 – 2/2: Calories: 562 Sodium: 1592 mg Carbohydrates: 88.21 g Sat Fat: 5.0 g				
5 Hamburger on a Bun Sweet Potato Fries Green Beans/Pineapple Jell-O Cup Milk-Variety or Water <u>Ala Carte</u> Ham and Cheese Melt	6 Chicken Patty on a Bun Celery Sticks/Ranch Steamed Peas/Peaches Pudding Cup Milk – Variety or Water <u>Ala Carte</u> Salad Bar	7 Quesadilla/Salsa Black Beans/Corn Carrots/Ranch Pudding Cup Mixed Fruit Milk-Variety or Water <u>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>Ala Carte</u> Mozzarella Sticks	9 Mini Corn Dogs with a Cookie Steamed Corn Fresh Broccoli Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Bosco Sticks
Average 2/5 – 2/9: Calories: 838 Sodium: 1138 mg Carbohydrates: 120.37 g Sat Fat: 6.3 g				
12 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Peas Pears Fruit Juicy Milk – Variety or Water <u>Ala Carte</u> Pizza	13 Rib Patty on a Bun Tater Tots Celery Sticks/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Fiestada	14 <u>Birthdav Celebration</u> Bosco Sticks with Marinara Sauce Green Beans/Apricots Fresh Broccoli <u>Birthdav Treat!</u> Milk- Variety or Water <u>Ala Carte</u> Salad Bar	15 Early Dismissal No Lunch Served	16 No School Teacher Institute
Average 2/12 – 2/16: Calories: 806 Sodium: 1187 mg Carbohydrates: 119.19 g Sat Fat: 5.7 g				
19 No School Presidents Day	20 Pizza Boat Steamed Corn Red Pepper Strips Peaches Pudding Cup Milk-Variety or Water <u>Ala Carte</u> Meatball Sub	21 Hamburger on a Bun Steamed Broccoli Carrot Sticks/Ranch Pineapple Jell-O Cup Milk-Variety or Water <u>Ala Carte</u> Salad Bar	22 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Teddy Grahams Applesauce Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax	23 Baja Fish Sticks/French Fries Pretzel Bosco Stick Coleslaw Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Corndog
Average 2/19-2/23: Calories: 827 Sodium: 1194 mg Carbohydrates: 127.84 g Sat Fat: 7.3 g				
26 Chicken & Waffles Celery Sticks/Ranch Carrot Sticks/Apricots Milk- Variety or Water <u>Ala Carte</u> Pork Tenderloin	27 Pizza Green Beans Carrot Sticks/Ranch Pineapple Rice Krispy Treat Milk-Variety or Water <u>Ala Carte</u> Chicken Patty	28 Fiestada with a Cookie Steamed Broccoli Fresh Cauliflower Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar		
Average 2/26-2/28: Calories: 819 Sodium: 1299 mg Carbohydrates: 126.82 g Sat Fat: 9.0 g				