

Coal City Early Child Center and Elementary School

February Lunch Menu

Daily Tray Cost: \$2.50

February

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grilled Cheese Tomato Soup Goldfish Crackers Pineapple Milk-Variety	2 Deli Ham Sandwich Sun Chips Fresh Apple Slices Celery Sticks/Ranch Milk-Variety
Average 2/1 – 2/2:				
Calories: 531 Sodium: 1670 mg Carbohydrates: 73.40 g Sat Fat: 5.0 g				
5 Hamburger on a Bun Sweet Potato Fries Pineapple Tidbits Milk-Variety	6 Chicken Patty on a Bun Celery Sticks/Ranch Mandarin Oranges Milk – Variety	7 Quesadilla Black Beans/Corn Mixed Fruit Milk-Variety	8 Taco in Tortilla Churro Romaine Lettuce/Ranch Fresh Apple Slices Milk- Variety	9 Mini Corn Dogs Cookie Steamed Corn Fresh Grapes Milk – Variety
Average 2/5 – 2/9:				
Calories: 648 Sodium: 941 mg Carbohydrates: 85.50 g Sat Fat: 5.8 g				
12 Chicken Wrap Snax Romaine Lettuce/Ranch Pears Milk – Variety	13 Rib Patty on a Bun Tater Tots Orange Smiles Milk-Variety	14 <u>Birthd</u>ay Celebration Bosco Sticks with Marinara Sauce Green Beans/Mixed Fruit Birthday Treat! Milk- Variety	15 Early Dismissal No Lunch Served	16 No School Teacher Institute
Average 2/12 – 2/16:				
Calories: 630 Sodium: 973 mg Carbohydrates: 83.54 g Sat Fat: 5.1 g				
19 No School Presidents Day	20 Pizza Boat Carrot Sticks Peaches Pudding Cup Milk-Variety	21 Hamburger on a Bun Jell-O Cup Steamed Broccoli Pineapple Milk-Variety	22 Chicken Nuggets Mashed Potatoes/Gravy Teddy Grahams Applesauce Milk-Variety	23 Baja Fish Sticks Nutrigrain Bar Coleslaw Fresh Grapes Milk-Variety
Average 2/19-2/23:				
Calories: 637 Sodium: 1043 mg Carbohydrates: 86.17 g Sat Fat: 6.5 g				
26 Chicken & Waffles Celery Sticks/Ranch Applesauce Milk-Variety	27 Pizza Pineapple Carrot Sticks/Ranch Milk-Variety	28 Fiestada Steamed Broccoli Pears Milk-Variety		
Average 2/26-2/28:				
Calories: 634 Sodium: 1201 mg Carbohydrates: 83.58 g Sat Fat: 8.3 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.