



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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5



8 No School Teacher Institute	9 Chicken Patty on a Bun Green Beans Celery Sticks/Ranch Apricots/Pudding Cup Milk – Variety or Water <u>Ala Carte</u> Ham and Cheese Melt	10 Hamburger on a Bun French Fries Carrot Sticks/Ranch Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Salad Bar	11 Spaghetti with Meat Sauce Garlic Toast Garden Salad/Ranch Steamed Peas Pineapple Milk – Variety or Water <u>Ala Carte</u> Turkey Fritter	12 Mini Corn Dogs Carrot Sticks/Ranch Steamed Broccoli Fresh Apple Rice Krispy Treat Milk – Variety or Water <u>Ala Carte</u> Bosco Sticks
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Average 1/8 – 1/12:
 Calories: 806 Sodium: 1173 mg Carbohydrates: 119.28 g Sat Fat: 6.7 g

15 No School Martin Luther King Jr. Day	16 Pizza Boat Romaine Lettuce/Ranch Steamed Broccoli Pears Jell-O Cup Milk-Variety or Water <u>Ala Carte</u> Grilled Cheese	17 Hot Dog on a Bun w/ Doritos Baked Beans Celery Sticks/Ranch Fresh Apple Milk – Variety or Water <u>Ala Carte</u> Salad Bar	18 Chicken Nuggets Mashed Potatoes/Gravy Carrot Sticks/Ranch Teddy Grahams Apricots Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax	19 Baja Fish Sticks/French Fries Pretzel Bosco Stick Coleslaw Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Hamburger
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Average 1/15 – 1/19:
 Calories: 846 Sodium: 1449 mg Carbohydrates: 111.29 g Sat Fat: 8.0 g

22 Chicken Wrap Snax Red Pepper Strips Celery Sticks/Ranch Cookie & Pears Milk – Variety or Water <u>Ala Carte</u> Pizza	23 Rib Patty on a Bun Green Beans Carrot Sticks/Ranch Pineapple Milk-Variety or Water <u>Ala Carte</u> Salad Bar	24 Quesadilla/Salsa Black Beans/Corn Steamed Peas Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Salad Bar	25 Sloppy Joe on a Bun Steamed Broccoli Celery Sticks/Ranch Sun Chips & Apple Milk-Variety or Water <u>Ala Carte</u> Beef Hot Dog	26 Pizza Steamed Corn Romaine Lettuce/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Chicken Tenders
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Average 1/22-1/26:
 Calories: 831 Sodium: 1250 mg Carbohydrates: 123.26 g Sat Fat: 6.2 g

29 French Toast Sticks Sausage Patty Hash brown Celery Sticks/Ranch Apricots Milk-Variety or Water <u>Ala Carte</u> Hamburger	30 <u>Birthday Celebration</u> Chicken Patty on a Bun Romaine Lettuce/Ranch Green Beans/Fruit Cocktail <u>Birthday Treat!</u> Milk – Variety or Water <u>Ala Carte</u> Ham and Cheese Melt	31 Pizza Boat Steamed Broccoli Carrot Sticks/Ranch Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar		
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Average 1/29-1/31:
 Calories: 852 Sodium: 1205 mg Carbohydrates: 127.19 g Sat Fat: 8.0 g