



Coal City **High School** January Lunch Menu
Daily Tray Cost: \$3.10



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 No School Teacher Institute	8 Chicken Patty on a Bun Steamed Carrots Cucumber Slices/Ranch Peaches Milk – Variety or Water <u>Ala Carte</u> Beef Hot Dog	9 Cheeseburger on a Bun Fresh Broccoli/Ranch Red Pepper Strips Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	10 Grilled Cheese Tomato Soup Steamed Cauliflower Fresh Apple Cookie Milk – Variety or Water <u>Ala Carte</u> Taco Max Snax	11 French Toast Sticks/Syrup Sausage Patty Hash brown Celery Sticks/Ranch Pineapple Milk-Variety or Water <u>Ala Carte</u> Bosco Sticks
Average 1/7 – 1/11: Calories: 792 Sodium: 1092 mg Carbohydrates: 109 g Sat Fat: 9.0 g				
14 Chicken Wrap Snax Romaine Lettuce/Ranch Green Beans Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Rib Patty	15 Pizza Carrot Sticks/Ranch Steamed Broccoli Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	16 Quesadilla/Salsa Black Beans/Corn Red Pepper Strips Mixed Fruit Milk – Variety or Water <u>Ala Carte</u> Salad Bar	17 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Fresh Apple Corn Muffin Milk-Variety or Water <u>Ala Carte</u> 3 Cheese Bread	18 Mini Corn Dogs Green Beans Carrot Sticks/Ranch Mandarin Oranges Milk – Variety or Water <u>Ala Carte</u> Turkey Poor boy
Average 1/14 – 1/18: Calories: 814 Sodium: 1562 mg Carbohydrates: 109 g Sat Fat: 6.8 g				
21 No School Martin Luther King Jr. Day	22 Chicken Patty on a Bun Green Beans Cucumber Slices/Ranch Peaches/ Cookie Milk – Variety or Water <u>Ala Carte</u> Pizza Sticks	23 Taco in Tortilla Romaine Lettuce Celery Sticks/Ranch Fresh Apple Milk – Variety or Water <u>Ala Carte</u> Salad Bar	24 Chicken and Waffles Steamed Corn Carrot Sticks/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	25 Bosco Sticks with Marinara Red Pepper Strips Fresh Broccoli/Ranch Fresh Grapes/Yogurt Milk-Variety or Water <u>Ala Carte</u> Grilled Chicken
Average 1/22-1/25: Calories: 800 Sodium: 931 mg Carbohydrates: 121 g Sat Fat: 5.3 g				
28 Hot Dog on a Bun Tater Tots Celery Sticks/Ranch Pears Milk – Variety or Water <u>Ala Carte</u> Quesadilla	29 Birthday Celebration Rib Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Birthday Treat! Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Salad Bar	30 Pizza Steamed Carrots Red Pepper Strips Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	31 Spaghetti with Meat Sauce Garden Salad/Ranch Green Beans Mixed Fruit Milk – Variety or Water <u>Ala Carte</u> Pork Tenderloin	
Average 1/28-1/31: Calories: 818 Sodium: 1218 mg Carbohydrates: 113 g Sat Fat: 10.4 g				