



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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hamburger on a Bun Green Beans Fresh Cauliflower/Ranch Pears Sugar Cookie w/ Sprinkles Milk-Variety or Water <u>Ala Carte</u> Salad Bar	2 French Toast Sticks w/ Sausage Patty Hash brown Celery Sticks/Ranch Apple Sauce Milk – Variety or Water <u>Ala Carte</u> Buffalo Bites	3 School Lunch Hero Day! Thanks lunch ladies! Pizza Red Pepper Strips Cucumber Slices/Ranch Fresh Grapes/ Brownie Milk – Variety or Water <u>Ala Carte</u> Chicken Patty
Average 5/1 – 5/3: Calories: 788 Sodium: 1214 mg Carbohydrates: 112 g Sat Fat: 7.7 g				
6 Mini Corn Dogs Steamed Broccoli Carrot Sticks/Ranch Pineapple Milk – Variety or Water <u>Ala Carte</u> 3 Cheese Bread	7 Chicken and Waffles Celery Sticks/Ranch Red Pepper Strips Peaches Milk-Variety or Water <u>Ala Carte</u> Salad Bar	8 Early Dismissal No Lunch Served	9 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Watermelon Cornbread Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax	10 Birthdays Celebration! Rib Patty on a Bun Carrot Sticks/Ranch Cucumber Slices/Orange Birthdays Cake! Milk – Variety or Water <u>Ala Carte</u> Hamburger
Average 5/6 – 5/10: Calories: 819 Sodium: 1453 mg Carbohydrates: 113 g Sat Fat: 8.1 g				
13 Chicken Wrap Snax Red Pepper Strips/Ranch Romaine Lettuce Peaches Milk – Variety or Water <u>Ala Carte</u> Walking Taco	14 Hot Dog on a Bun French Fries Celery Sticks/Ranch Fresh Cantaloupe Milk-Variety or Water <u>Ala Carte</u> Orange chicken and rice	15 Pizza Boat Mixed Vegetables Fresh Broccoli/Ranch Pineapple/Chocolate Chip Cookie Milk-Variety or Water <u>Ala Carte</u> Salad Bar	16 Taco in Tortilla Romaine Lettuce/Ranch Refried Beans/Fresh Orange Apple Crisp Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	17 Bosco Sticks with Marinara Sauce Green Beans Cucumber Slices/Ranch Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Grilled Chicken
Average 5/13 – 5/17: Calories: 804 Sodium: 1254 mg Carbohydrates: 113 g Sat Fat: 5.3 g				
20 Grilled Cheese Sandwich Green Beans Red Pepper Strips/Ranch Pears Milk- Variety or Water <u>Ala Carte</u> Boneless Wings & French Fries	21 Chicken Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Watermelon Milk – Variety or Water <u>Ala Carte</u> Fiestada	22 Quesadilla with Salsa Black Beans/Corn Cucumber Slices/Ranch Pineapple Milk-Variety or Water <u>Ala Carte</u> Salad Bar	23 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Applesauce Cornbread Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	24 Corn Dog Carrot Sticks/Ranch Steamed Corn Orange Sugar Cookie w/ sprinkles Milk – Variety or Water <u>Ala Carte</u> Pork Tenderloin
Average 5/20-5/24: Calories: 808 Sodium: 1201 mg Carbohydrates: 121 g Sat Fat: 7.8 g				
27 Memorial Day No School	28 Pizza Assorted Vegetables Assorted Fruit Chocolate Chip Cookie Milk – Variety or Water	29 Bosco Sticks with Marinara Sauce Assorted Vegetables Assorted Fruit Milk-Variety or Water	30 Deli Sandwich Mixed Vegetables Assorted Fruit Milk – Variety or Water	31 Last Day of School Sack Lunch Milk – Variety or Water