



Coal City Middle and Intermediate School

May Lunch Menu

Daily Tray Cost: \$2.85



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>MS Ala Carte</u> Salad Bar	2 French Toast Sticks w/ Sausage Patty Hash brown Celery Sticks/Ranch Apple Sauce Milk – Variety or Water  <u>MS Ala Carte</u> Grilled Chicken	3 <b>School Lunch Hero Day! Thanks lunch ladies!</b> Pizza Red Pepper Strips Cucumber Slices/Ranch Fresh Grapes/ Brownie Milk – Variety or Water <u>MS Ala Carte</u> Chicken Sticks
Average 5/1 – 5/3: Calories: 643    Sodium: 908 mg    Carbohydrates: 85 g    Sat Fat: 7.4 g				
6 Mini Corn Dogs Steamed Broccoli Carrot Sticks/Ranch Pineapple Milk – Variety or Water  <u>MS Ala Carte</u> Grilled Chicken	7 Chicken and Waffles Celery Sticks/Ranch Red Pepper Strips Peaches Milk-Variety or Water  <u>MS Ala Carte</u> Pizza	8 <b>Early Dismissal</b> <b>No Lunch Served</b>	9 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Watermelon Milk-Variety or Water  <u>MS Ala Carte</u> Taco Max Snax	10 <b>BirthDay Celebration!</b> Rib Patty on a Bun Carrot Sticks/Ranch Cucumber Slices/Orange Wedges <b>BirthDay Cake!</b> Milk – Variety or Water <u>MS Ala Carte</u> Fiestada
Average 5/6 – 5/10: Calories: 646    Sodium: 1234 mg    Carbohydrates: 86 g    Sat Fat: 7.1 g				
13 Chicken Wrap Snax Red Pepper Strips/Ranch Romaine Lettuce Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	14 Hot Dog on a Bun French Fries Celery Sticks/Ranch Fresh Cantaloupe Milk-Variety or Water <u>MS Ala Carte</u> Sloppy Joe	15 Pizza Boat Mixed Vegetables Fresh Broccoli/Ranch Pineapple/Chocolate Chip Cookie Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	16 Taco in Tortilla Romaine Lettuce/Ranch Refried Beans Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	17 Bosco Sticks with Marinara Sauce Green Beans Cucumber Slices/Ranch Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 5/13 – 5/17: Calories: 645    Sodium: 1161 mg    Carbohydrates: 87 g    Sat Fat: 5.3 g				
20 Grilled Cheese Sandwich Green Beans Red Pepper Strips/Ranch Pears Milk- Variety or Water  <u>MS Ala Carte</u> Fiestada	21 Chicken Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Watermelon Milk – Variety or Water  <u>MS Ala Carte</u> 3 Cheese Bread	22 Quesadilla with Salsa Black Beans/Corn Cucumber Slices/Ranch Pineapple Milk-Variety or Water  <u>MS Ala Carte</u> Salad Bar	23 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Applesauce Milk-Variety or Water  <u>MS Ala Carte</u> Mozzarella Sticks	24 Corn Dog Carrot Sticks/Ranch Steamed Corn Orange Sugar Cookie w/ sprinkles Milk – Variety or Water <u>MS Ala Carte</u> Calzone
Average 5/20-5/24: Calories: 649    Sodium: 1113 mg    Carbohydrates: 90 g    Sat Fat: 7.9 g				
27 <b>Memorial Day</b> <b>No School</b>	28 Deli Sandwich Assorted Vegetables Assorted Fruit Milk – Variety or Water	29 Middle School- Assorted Sandwich Int. School- Assorted Chicken Assorted Vegetables Assorted Fruit Milk-Variety or Water	30 Middle School- Assorted Chicken Mixed Vegetables and Fruit Milk – Variety or Water  Intermediate School- Sack Lunch Day	31 <b>Last Day of School</b> Pizza Assorted Vegetables Assorted Fruit Milk – Variety or Water

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.