



Coal City Intermediate and Middle School

January Lunch Menu

Daily Tray Cost: \$2.85



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>MS Ala Carte</u> 3 Cheese Bread	9 Cheeseburger on a Bun Fresh Broccoli/Ranch Red Pepper Strips Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	10 Grilled Cheese Tomato Soup Steamed Cauliflower Fresh Apple/ Cookie Milk – Variety or Water <u>MS Ala Carte</u> Taco Max Snax	11 French Toast Sticks/Syrup Sausage Patty/Hash Brown Celery Sticks/Ranch Pineapple Milk-Variety or Water <u>MS Ala Carte</u> Bosco Sticks
Average 1/7 – 1/11: Calories: 651 Sodium: 1096 mg Carbohydrates: 89g Sat Fat: 7.6 g				
14 Chicken Wrap Snax Romaine Lettuce/Ranch Green Beans Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Rib Patty	15 Pizza Carrot Sticks/Ranch Steamed Broccoli Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Chicken Sticks	16 Quesadilla/Salsa Black Beans/Corn Red Pepper Strips Mixed Fruit Milk – Variety or Water <u>MS Ala Carte</u> Salad Bar	17 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Fresh Apple Corn Muffin Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	18 Mini Corn Dogs Green Beans Carrot Sticks/Ranch Mandarin Oranges Brownie Milk – Variety or Water <u>MS Ala Carte</u> Grilled Chicken
Average 1/14 – 1/18: Calories: 651 Sodium: 1369 mg Carbohydrates: 85.42 g Sat Fat: 5.7 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>MS Ala Carte</u> 3 Cheese Bread	23 Taco in Tortilla Romaine Lettuce Celery Sticks/Ranch Fresh Apple Milk – Variety or Water <u>MS Ala Carte</u> Pizza Boat	24 Chicken and Waffles Steamed Corn Carrot Sticks/Ranch Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Quesadilla	25 Bosco Sticks with Marinara Red Pepper Strips Fresh Broccoli/Ranch Fresh Grapes/Yogurt Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 1/22-1/25: Calories: 647 Sodium: 848 mg Carbohydrates: 90.63 g Sat Fat: 5.1 g				
28 Hot Dog on a Bun Tater Tots Celery Sticks/Ranch Pears Milk – Variety or Water <u>MS Ala Carte</u> Hoagie	29 Birthday Celebration Rib Patty on a Bun Steamed Broccoli/Fresh Apple Carrot Sticks/Ranch Birthday Treat! Milk-Variety or Water <u>MS Ala Carte</u> Calzone	30 Pizza Steamed Carrots Red Pepper Strips Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	31 Spaghetti with Meat Sauce Garden Salad/Ranch Green Beans Mixed Fruit Garlic Biscuit Milk – Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	
Average 1/28-1/31: Calories: 649 Sodium: 849 mg Carbohydrates: 87 g Sat Fat: 7.1 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.