



Coal City Elementary School and Early Childhood Center

May Lunch Menu
Daily Tray Cost: \$2.70



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hamburger on a Bun Green Beans Pears Sugar Cookie w/ Sprinkles Milk-Variety	2 French Toast Sticks Sausage Patty Hash brown Apple Sauce Milk – Variety	3 School Lunch Hero Day! Thanks lunch ladies! Pizza Red Pepper Strips Fresh Grapes Brownie Milk – Variety
Average 5/1 – 5/3: Calories: 619 Sodium: 859 mg Carbohydrates: 84 g Sat Fat: 7.2 g				
6 Mini Corn Dogs Steamed Broccoli Pineapple Milk – Variety	7 Chicken and Waffles Celery Sticks/Ranch Peaches Milk-Variety	8 Early Dismissal No Lunch Served	9 Chicken Nuggets Mashed Potatoes/Gravy Watermelon Milk-Variety	10 Birthday Celebration! Rib Patty on a Bun Carrot Sticks/Ranch Orange Smiles Birthday Cake! Milk – Variety
Average 5/6 – 5/10: Calories: 601 Sodium: 1086 mg Carbohydrates: 78 g Sat Fat: 6.8 g				
13 Chicken Wrap Snax Red Pepper Strips/Ranch Peaches Milk – Variety	14 Hot Dog on a Bun French Fries Fresh Cantaloupe Milk-Variety	15 Pizza Boat Mixed Vegetables Pineapple Chocolate Chip Cookie Milk-Variety	16 Taco in Tortilla Romaine Lettuce/Ranch Applesauce Milk-Variety	17 Bosco Sticks with Marinara Sauce Green Beans Fresh Grapes Milk-Variety
Average 5/13 – 5/17: Calories: 648 Sodium: 1080 mg Carbohydrates: 87 g Sat Fat: 5.3 g				
20 Grilled Cheese Sandwich Green Beans Pears Milk- Variety	21 Chicken Patty on a Bun Steamed Broccoli Watermelon Milk – Variety	22 Quesadilla with Salsa Black Beans/Corn Pineapple Milk-Variety	23 Chicken Nuggets Mashed Potatoes/Gravy Applesauce Milk-Variety	24 Corn Dog Carrot Sticks/Ranch Orange Smiles Sugar Cookie w/ sprinkles Milk – Variety
Average 5/20-5/24: Calories: 624 Sodium: 1024 mg Carbohydrates: 83 g Sat Fat: 7.8 g				
27 Memorial Day No School	28 Deli Sandwich Assorted Vegetables Assorted Fruit Milk – Variety	29 ECC-Chicken Tenders Elementary School- Pizza Assorted Vegetables Assorted Fruit Milk-Variety	30 Elementary School- Chicken Nuggets, mixed vegetable and assorted fruit Milk-Variety ECC- Sack Lunch Day	31 Last Day of School ECC- Pizza, Assorted veg. and fruit Milk – Variety Elementary School- Sack Lunch

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.