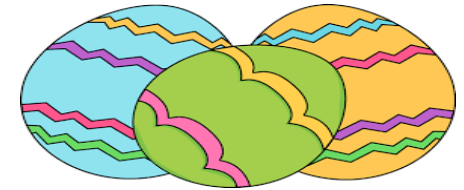




Coal City **High School** April Lunch Menu  
**Daily Tray Cost: \$3.10**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Mini Corn Dogs Green Beans Yellow Squash Mixed Fruit Milk – Variety or Water <u>Ala Carte</u> 3 Cheese Bread	<b>2</b> Chicken Patty on a Bun Chocolate Chip Cookie Steamed Broccoli/Peaches Fresh Cauliflower/Ranch Milk – Variety or Water <u>Ala Carte</u> Pizza	<b>3</b> Quesadilla/Salsa Black Beans/Corn Carrot Sticks/Ranch Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar	<b>4</b> French Toast Sticks w/ Sausage Patty Hash brown Celery Sticks/Ranch Apple Milk – Variety or Water <u>Ala Carte</u> Buffalo Bites	<b>5</b> Bosco Sticks with Marinara Sauce Red Pepper Strips/Ranch Cucumber Slices/Ranch Fresh Grapes/Strawberry Yogurt Milk-Variety or Water <u>Ala Carte</u> Grilled Chicken
<b>Average 4/1 – 4/7:</b> Calories: 804    Sodium: 1061 mg    Carbohydrates: 116 g    Sat Fat: 5.8 g				
<b>8</b> Sloppy Joe on a Bun Carrot Sticks/Ranch Zucchini Fresh Apple/Sun Chips Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	<b>9</b> Pizza Romaine Lettuce/Ranch Steamed Corn Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Salad Bar	<b>10</b> <b>Early Dismissal</b> <b>No Lunch Served</b>	<b>11</b> Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Dinner Roll/Applesauce Milk-Variety or Water <u>Ala Carte</u> Calzone	<b>12</b> Baja Fish Sticks w/ Pretzel Bosco Stick Coleslaw Carrot Sticks/Ranch Texas Chocolate Sheet Cake Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Turkey Fritter
<b>Average 4/8 – 4/12:</b> Calories: 847    Sodium: 1370 mg    Carbohydrates: 115 g    Sat Fat: 7.9 g				
<b>15</b> Chicken Wrap Snax Romaine Lettuce/Ranch Red Pepper Strips Peaches Milk – Variety or Water <u>Ala Carte</u> Walking Taco	<b>16</b> <b>BirthDay Celebration</b> Hot Dog on a Bun w/ French Fries Fresh Cauliflower/Ranch Fresh Apple Birthday Cake! Milk – Variety or Water <u>Ala Carte</u> Orange Chicken & Rice	<b>17</b> Rib Patty on a Bun Green Beans Fresh Broccoli Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	<b>18</b> Grilled Cheese w/ Tomato Soup Celery Sticks/Ranch Pears Goldfish Crackers Milk- Variety or Water <u>Ala Carte</u> Boneless Wings & French Fries	<b>19</b> <b>No School</b>
<b>Average 4/15 – 4/18:</b> Calories: 767    Sodium: 1322 mg    Carbohydrates: 111 g    Sat Fat: 6.4 g				
<b>22</b> <b>No School</b>	<b>23</b> Hamburger on a Bun Sweet Potato Fries Carrot Sticks/Ranch Pineapple Milk – Variety or Water <u>Ala Carte</u> Beef Hot Dog	<b>24</b> Chicken Patty on a Bun Steamed Carrots Fresh Cauliflower/Ranch Pudding & Peaches Milk-Variety or Water <u>Ala Carte</u> Salad Bar	<b>25</b> Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Dinner Roll/Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	<b>26</b> Deli Ham Sub Sandwich Chocolate Chip Cookie Cucumber Slices Red Pepper Strips/Ranch Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Chicken Tenders and French Fries
<b>Average 4/22-4/26:</b> Calories: 838    Sodium: 1554 mg    Carbohydrates: 121g    Sat Fat: 7.2 g				
<b>29</b> Chicken and Waffles Celery Sticks/Ranch Green Beans Fresh Apple Milk – Variety or Water <u>Ala Carte</u> Meatball Sub	<b>30</b> Pizza Boat Steamed Corn Carrot Sticks/Ranch Fresh Orange Milk – Variety or Water <u>Ala Carte</u> Chicken Patty			
<b>4/29-4/30:</b> Calories: 806 Sodium: 1189 mg    Carbohydrates: 120.71g    Sat Fat: 7.1 g				