

# Coal City Early Childhood Center and Elementary School

February Lunch Menu

Daily Tray Cost: \$2.70



February



February

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Grilled Cheese Tomato Soup Pineapple Milk – Variety
<b>Average 2/1:</b> Calories: 746    Sodium: 1658 mg    Carbohydrates: 96 g    Sat Fat: 4.2 g				
<b>4</b> Chicken Wrap Snax Romaine Lettuce/Ranch Peaches Milk – Variety	<b>5</b> Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Mixed Fruit Milk- Variety	<b>6</b> Quesadilla/Salsa Black Beans/Corn Orange Wedges Milk-Variety	<b>7</b> Chicken Nuggets Mashed Potatoes/Gravy Fresh Apple Milk-Variety	<b>8</b> Corn Dog Green Beans Fresh Grapes Valentines Cookie Milk – Variety
<b>Average 2/4 – 2/8:</b> Calories: 638    Sodium: 927 mg    Carbohydrates: 85 g    Sat Fat: 4.7 g				
<b>11</b> French Toast Sticks/Syrup Sausage Patty Hash brown Orange Juice Milk-Variety	<b>12</b> Chicken Patty on a Bun Green Beans Peaches Milk – Variety	<b>13</b> <u><b>Birthday Celebration</b></u> Pizza Carrot Sticks/Ranch Mandarin Oranges <b>Birthday Cake!</b> Milk-Variety	<b>14</b> <b>Early Dismissal</b> <b>No Lunch Served</b>	<b>15</b> <b>No School</b> <b>Teacher Institute</b>
<b>Average 2/11 – 2/13:</b> Calories: 632    Sodium: 887 mg    Carbohydrates: 94 g    Sat Fat: 6.1 g				
<b>18</b> <b>No School</b> <b>Presidents Day</b>	<b>19</b> Mini Corn Dogs Carrot Sticks/Ranch Pears Milk – Variety	<b>20</b> Hot Dog on a Bun Baked Beans Fresh Orange Milk-Variety	<b>21</b> Chicken Nuggets Mashed Potatoes/Gravy Applesauce Milk-Variety	<b>22</b> Bosco Sticks with Marinara Sauce Green Beans Baked Apple Squares Mixed Fruit Milk- Variety
<b>Average 2/19-2/22:</b> Calories: 645    Sodium: 1211 mg    Carbohydrates: 92 g    Sat Fat: 6.4 g				
<b>25</b> Chicken and Waffles Steamed Corn Fresh Orange Milk-Variety	<b>26</b> Pizza Steamed Carrots Fresh Apple Milk-Variety	<b>27</b> Hamburger on a Bun Sweet Potato Fries Apricots Brownie Milk-Variety	<b>28</b> Macaroni and Cheese Green Beans Fresh Grapes Milk-Variety	
<b>Average 2/25-2/28:</b> Calories: 643    Sodium: 924 mg    Carbohydrates: 88 g    Sat Fat: 5.4 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.**