

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

February

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Tomato Soup Steamed Cauliflower Pineapple Milk – Variety or Water <u>Ala Carte</u> Boneless Wings
Average 2/1: Calories: 902 Sodium: 2191 mg Carbohydrates: 136 g Sat Fat: 4.0 g				
4 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Corn Peaches Milk – Variety or Water <u>Ala Carte</u> Rib Patty	5 Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Fresh Broccoli Mixed Fruit Milk- Variety or Water <u>Ala Carte</u> Grilled Chicken	6 Quesadilla/Salsa Black Beans/Corn Red Pepper Strips/Ranch Orange Wedges Milk-Variety or Water <u>Ala Carte</u> Salad Bar	7 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Dinner Roll/Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	8 Corn Dog Green Beans Cucumber Slices/Fresh Grapes Valentines Cookie Milk – Variety or Water <u>Ala Carte</u> Pork Tenderloin
Average 2/4 – 2/8: Calories: 821 Sodium: 1265 mg Carbohydrates: 117 g Sat Fat: 5.2 g				
11 French Toast Sticks/Syrup Sausage Patty Hash brown Celery Sticks/Ranch Pineapple Milk-Variety or Water <u>Ala Carte</u> Hamburger	12 Chicken Patty on a Bun Green Beans Red Pepper Strips Peaches Milk – Variety or Water <u>Ala Carte</u> Salad Bar	13 <u>Birthdays Celebration</u> Pizza Carrot Sticks/Ranch Steamed Broccoli Mandarin Oranges Birthdays Cake! Milk-Variety or Water <u>Ala Carte</u> Popcorn Chicken	14 Early Dismissal No Lunch Served	15 No School Teacher Institute
Average 2/11 – 2/13: Calories: 852 Sodium: 1245 mg Carbohydrates: 135 g Sat Fat: 6.6 g				
18 No School Presidents Day	19 Mini Corn Dogs Carrot Sticks/Ranch Steamed Corn Pears Milk – Variety or Water <u>Ala Carte</u> Turkey Poor boy	20 Hot Dog on a Bun w/ Sun Chips Baked Beans Fresh Cauliflower/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	21 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Dinner Roll/Applesauce Milk-Variety or Water <u>Ala Carte</u> Hoagie	22 Bosco Sticks with Marinara Sauce Green Beans Fresh Broccoli/Mixed Fruit Baked Apple Squares Milk- Variety or Water <u>Ala Carte</u> Grilled Chicken
Average 2/19-2/22: Calories: 829 Sodium: 1361 mg Carbohydrates: 119 g Sat Fat: 8.6 g				
25 Chicken and Waffles Steamed Corn Carrot Sticks/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Meatball Sub	26 Pizza Steamed Carrots Fresh Broccoli/Ranch Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Salad Bar	27 Hamburger on a Bun Sweet Potato Fries Cucumber Slices/Ranch Apricots Brownie Milk-Variety or Water <u>Ala Carte</u> Salad Bar	28 Macaroni and Cheese Green Beans Celery Sticks/Ranch Fresh Grapes Dinner Roll Milk-Variety or Water <u>Ala Carte</u> Pork Tenderloin	
Average 2/25-2/28: Calories: 816 Sodium: 1093 mg Carbohydrates: 117 g Sat Fat: 6.3 g				