



Coal City Early Childhood Center and Elementary School

January Lunch Menu

Daily Tray Cost: \$2.70



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 No School Teacher Institute	8 Chicken Patty on a Bun Steamed Carrots Peaches Milk – Variety	9 Cheeseburger on a Bun Fresh Broccoli/Ranch Fresh Orange Milk-Variety	10 Grilled Cheese Tomato Soup Fresh Apple Cookie Milk – Variety	11 French Toast Sticks/Syrup Sausage Patty Hash Brown Pineapple Milk-Variety
Average 1/7 – 1/11: Calories: 634 Sodium: 961 mg Carbohydrates: 86g Sat Fat: 7.3g				
14 Chicken Wrap Snax Romaine Lettuce/Ranch Fresh Grapes Milk – Variety	15 Pizza Carrot Sticks/Ranch Fresh Orange Milk-Variety	16 Quesadilla/Salsa Black Beans/Corn Mixed Fruit Milk – Variety	17 Chicken Nuggets Mashed Potatoes/Gravy Fresh Apple Corn Muffin Milk-Variety	18 Mini Corn Dogs Green Beans Mandarin Oranges Brownie Milk – Variety
Average 1/14 – 1/18: Calories: 650 Sodium: 1360 mg Carbohydrates: 83.56 g Sat Fat: 6.0 g				
21 No School Martin Luther King Jr. Day	22 Chicken Patty on a Bun Green Beans Peaches Cookie Milk – Variety	23 Taco in Tortilla Romaine Lettuce Fresh Apple Milk – Variety	24 Chicken and Waffles Steamed Corn Fresh Orange Milk-Variety	25 Bosco Sticks with Marinara Red Pepper Strips Fresh Grapes Yogurt Milk-Variety
Average 1/22-1/25: Calories: 630 Sodium: 726 mg Carbohydrates: 91.48 g Sat Fat: 4.8 g				
28 Hot Dog on a Bun Tater Tots Pears Milk – Variety	29 <u>Birthday Celebration</u> Rib Patty on a Bun Steamed Broccoli Fresh Apple Birthday Treat! Milk-Variety	30 Pizza Steamed Carrots Fresh Orange Milk-Variety	31 Spaghetti with Meat Sauce Garden Salad/Ranch Mixed Fruit Garlic Biscuit Milk – Variety	
Average 1/28-1/31: Calories: 632 Sodium: 1013 mg Carbohydrates: 83 g Sat Fat: 7.0 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.