



Coal City Middle/Intermediate School
 December Lunch Menu
Daily Tray Cost: \$2.85



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Wrap Snax Romaine Lettuce/Ranch Fresh Broccoli/Ranch Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	Bosco Sticks/Marinara Carrot Sticks/Ranch Celery Sticks/Ranch Yogurt/Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	Early Dismissal No Lunch Served	Taco in Tortilla/Salsa Refried Beans Romaine Lettuce/Ranch Churro Pears Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	Mini Corn Dogs Red Pepper Strips Steamed Corn Orange Smiles Cookie Milk-Variety or Water <u>MS Ala Carte</u> Grilled Chicken
12/3-12/7: Calories: 642 Sodium: 997 mg Carbohydrates: 92 g Sat Fat: 3.7 g				
10	11	12	13	14
Pizzaburger on a Bun Steamed Carrots Fresh Broccoli/Ranch Pineapple Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	Pork Tenderloin on a Bun Green Beans Red Pepper Strips/Ranch Orange Smiles Milk-Variety or Water <u>MS Ala Carte</u> Calzone	Hot Dog on a Bun Baked Beans Carrot Sticks/Ranch Pears Milk – Variety or Water <u>MS Ala Carte</u> Salad Bar	Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Roll Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Taco Max Snax	Pizza Romaine Lettuce/Ranch Steamed Corn Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Chicken Sticks
Average 12/10 – 12/14: Calories: 654 Sodium: 977 mg Carbohydrates: 90g Sat Fat: 7.1g				
17	18	19	20	21
French Toast Sticks/Syrup Sausage Patty Hash Brown/Celery Sticks Orange Juice Milk-Variety or Water <u>MS Ala Carte</u> Hamburger	<u>Birthdays Celebration</u> Chicken Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Peaches/ Birthdays Treat! Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	Quesadilla Salsa Black Beans/Corn Pears Milk-Variety or Water <u>MS Ala Carte</u> Hot Dog	Grilled Cheese Tomato Soup Goldfish Crackers Steamed Corn Applesauce Milk – Variety or Water <u>MS Ala Carte</u> Fiestada	Bosco Sticks/Marinara Green Beans Fresh Broccoli/Ranch Yogurt/Mixed Fruit Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 12/17 – 12/21: Calories: 653 Sodium: 1039 mg Carbohydrates: 102g Sat Fat: 5.3g				
24	25	26	27	28
No School Winter Break				No School Winter Break
31				

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.