



Coal City Middle and Intermediate School

March Lunch Menu

Daily Tray Cost: \$2.85



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Corn Dogs Steamed Corn Fresh Broccoli/Ranch Chocolate Chip Cookie Mixed Fruit Milk – Variety or Water <u>MS Ala Carte</u> Grilled Chicken
Average 3/1: Calories: 595 Sodium: 656 mg Sat Fat: 5.2g				
4 No School Casimir Pulaski Day	5 Chicken Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Peaches Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	6 Pizza Boat Zucchini Steamed Carrots Teddy Grahams/Pears Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	7 French Toast Sticks/Syrup Hash brown/Sausage Patty Celery Sticks/Ranch Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Hamburger	8 Deli Ham Sandwich Carrot Sticks/Ranch Coleslaw/Grapes Sun Chips Milk-Variety or Water <u>MS Ala Carte</u> Hot Dog
Average 3/4 – 3/8: Calories: 580 Sodium: 914mg Sat Fat: 8.8g				
11 Chicken Wrap Snax Green Beans Fresh Broccoli/Ranch Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	12 <u>Birthday Celebration</u> Turkey Poor Boy Steamed Corn Carrot Sticks & Ranch Pineapple <u>Birthday Cake!</u> Milk – Variety or Water <u>MS Ala Carte</u> Calzone	13 Early Release No Lunch Served	14 Taco in Tortilla Romaine Lettuce/Ranch Celery Sticks Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	15 Grilled Cheese Carrot Sticks/Ranch Yellow Squash Mixed Fruit Milk – Variety or Water <u>MS Ala Carte</u> Taco Max Snax
Average 3/11 – 3/15: Calories: 636 Sodium: 1005 mg Sat Fat: 10g				
18 Bosco Sticks with Marinara Sauce Red Pepper Strips Cucumber Slices Fresh Grapes Milk- Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	19 Mini Corn Dogs Steamed Broccoli Carrot Sticks/Ranch Pineapple St. Patrick's Lime Sherbet Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	20 Hamburger on a Bun Baked Beans Green Bean Pears Milk-Variety or Water <u>MS Ala Carte</u> Fiestada	21 Chicken Nuggets French Fries Celery Sticks/Ranch Apple Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	22 Pizza Cucumber Slices Red Pepper Strips/Ranch Mandarin Oranges Milk-Variety or Water <u>MS Ala Carte</u> Chicken Sticks
Average 3/18-3/22: Calories: 598 Sodium: 903 mg Sat Fat: 8.2g				
25 No School Spring Break	26 No School Spring Break	27 No School Spring Break	28 No School Spring Break	29 No School Spring Break

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.