

# SEPTEMBER 2019

Coal City Intermediate/Middle School

Daily Lunch Price \$2.95  
Reduced Lunch Price \$0.40

## MONDAY

Labor Day **2**  
No School

French Toast Sticks **9**  
Sausage Patty  
Hash brown  
Celery Sticks/Ranch  
Applesauce  
Milk – Variety or Water  
**MS Ala Carte- Hamburger**

Hot Dog on a Bun **16**  
French Fries  
Fresh Cauliflower/Ranch  
Orange Smiles/Jell-O Cup  
Milk- Variety or Water  
**MS Ala Carte- Hoagie**

Chicken Wrap Snax **23**  
Red Pepper Strips/Ranch  
Green Beans  
Peaches  
Milk – Variety or Water  
**MS Ala Carte- Pizza**

Grilled Cheese Sandwich **30**  
Cheddar Goldfish Crackers  
Tomato Soup  
Green Beans  
Peaches  
Milk- Variety or Water  
**MS Ala Carte- Fiestada**

## TUESDAY

Pizza Boat **3**  
Carrot Sticks/Ranch  
Cucumber Slices  
Fresh Cantaloupe  
Milk- Variety or Water  
**MS Ala Carte- Hoagie**

Chicken Patty on a Bun **10**  
Carrot Sticks/Ranch  
Fresh Broccoli  
Peaches  
Milk – Variety or Water  
**MS Ala Carte- 3 Cheese Bread**

Chicken and Waffles **17**  
Celery Sticks/Ranch  
Fresh Broccoli  
Pineapple  
Milk- Variety or Water  
**MS Ala Carte- Pizza**

Cheeseburger on a Bun **24**  
Carrot Sticks/Ranch  
Steamed Corn  
Fresh Cantaloupe  
Milk-Variety or Water  
**MS Ala Carte- Pork Tenderloin**

## WEDNESDAY

Cheeseburger on a Bun **4**  
Green Beans  
Fresh Broccoli/Ranch  
Pineapple  
Homemade Brownie  
Milk-Variety or Water  
**MS Ala Carte- Pork Tenderloin**

Early Dismissal **11**  
No Lunch Served

Rib Patty on a Bun **18**  
Carrots Sticks/Ranch  
Cucumber Slices/Ranch  
Pears/ Homemade Brownie  
Milk- Variety or Water  
**MS Ala Carte- Grilled Chicken**

**Birthday Celebration** **25**  
Quesadilla with Salsa  
Black Beans/Corn  
Romaine Lettuce/Ranch  
Pears  
Yellow Birthday Cake with Icing  
Milk-Variety or Water  
**MS Ala Carte- Pulled Pork**



## THURSDAY

Chicken Nuggets **5**  
Mashed Potato/Gravy  
Celery Sticks/Ranch  
Fresh Apple  
Milk-Variety or Water  
**MS Ala Carte- Mozzarella Sticks**

Spaghetti with Meat Sauce **12**  
Garden Salad with Ranch  
Green Beans  
Garlic Toast/Pears  
Milk- Variety or Water  
**MS Ala Carte- Turkey Fritter**

Taco in Tortilla **19**  
Black Beans/Corn  
Romaine Lettuce/Ranch  
Applesauce/Churro  
Milk- Variety or Water  
**MS Ala Carte- Mozzarella Sticks**

Chicken Nuggets **26**  
Mashed Potatoes w/ Gravy  
Celery Sticks/Ranch  
Fresh Apple  
Milk-Variety or Water  
**MS Ala Carte- Mozzarella Sticks**

**\*Wow butter sandwiches offered daily**  
**\*Wow butter is produced in a peanut/tree-nut free facility**  
**\*Ala carte options for Middle school only**

## FRIDAY

Mini Corn Dogs **6**  
Steamed Broccoli  
Red Pepper Strips  
Fresh Grapes  
Milk – Variety or Water  
**MS Ala Carte- Calzone**

Deli Sandwich **13**  
Cucumber Slices/Ranch  
Red Pepper Strips  
Watermelon  
Chocolate Chip Cookie  
Milk-Variety or Water  
**MS Ala Carte- Grilled Chicken**

Pizza **20**  
Romaine Lettuce/Ranch  
Red Pepper Strips  
Mixed Fruit  
Milk- Variety or Water  
**MS Ala Carte- Chicken Sticks**

Bosco Sticks **27**  
Marinara Sauce  
Cucumber Slices/Ranch  
Fresh Cauliflower  
Fresh Grapes  
Milk-Variety or Water  
**MS Ala Carte- Popcorn Chicken**

**Please contact Amanda Herrera for nutritional information at 815-634-2287 ext. 2113 or [aherrera@coalcityschools.org](mailto:aherrera@coalcityschools.org)**