



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



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Wrap Snax Romaine Lettuce/Ranch Fresh Broccoli/Ranch Peaches Jell-O Cup Milk – Variety or Water <u>Ala Carte</u> Rib Patty	Bosco Sticks/Marinara Carrot Sticks/Ranch Celery Sticks/Ranch Yogurt/Fresh Apple Cookie Milk-Variety or Water <u>Ala Carte</u> Salad Bar	Early Dismissal No Lunch Served	Taco in Tortilla/Salsa Refried Beans Romaine Lettuce/Ranch Churro Pears Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	Mini Corn Dogs Red Pepper Strips Steamed Corn Oranges Pudding Cup Milk-Variety or Water <u>Ala Carte</u> Grilled Chicken
12/3-12/7:				
Calories: 805 Sodium: 1067 mg Carbohydrates: 120 g Sat Fat: 4.8 g				
10	11	12	13	14
Pizzaburger on a Bun Steamed Carrots Fresh Broccoli/Ranch Pineapple Brownie Milk-Variety or Water <u>Ala Carte</u> Meatball Sub	Pork Tenderloin on a Bun Red Pepper Strips/Ranch Green beans Mandarin Oranges Jell-O cup Milk-Variety or Water <u>Ala Carte</u> Salad Bar	Hot Dog on a Bun Baked Beans Carrot Sticks/Ranch Pears Fruit Juicy Milk – Variety or Water <u>Ala Carte</u> Salad Bar	Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Roll Applesauce Milk-Variety or Water <u>Ala Carte</u> 3 Cheese Bread	Pizza Romaine Lettuce/Ranch Steamed Corn Fresh Grapes Cookie Milk-Variety or Water <u>Ala Carte</u> Chicken Patty
Average 12/10 – 12/14:				
Calories: 839 Sodium: 1230 mg Carbohydrates: 122g Sat Fat: 8.3 g				
17	18	19	20	21
French Toast Sticks/Syrup Sausage Patty Hash Brown/Celery Sticks Orange Juice Fruit Juicy Milk-Variety or Water <u>Ala Carte</u> Hamburger	<u>Birthdays Celebration</u> Chicken Patty on a Bun Fresh Broccoli/Ranch Carrot Sticks/Ranch Peaches/ Birthdays Treat! Milk – Variety or Water <u>Ala Carte</u> Salad Bar	Quesadilla Salsa Black Beans/Corn Pears Churro Milk-Variety or Water <u>Ala Carte</u> Hot Dog	Grilled Cheese Tomato Soup Goldfish Crackers Steamed Corn Applesauce Milk – Variety or Water <u>Ala Carte</u> Turkey Fritter	Submarine Sandwich & Sun Chips Carrot Sticks/Ranch Red Pepper Strips Fresh Fruit Milk – Variety or Water
Average 12/17 – 12/21:				
Calories: 828 Sodium: 1128 mg Carbohydrates: 140g Sat Fat: 5.5g				
24	25	26	27	28
No School Winter Break				No School Winter Break
31				