

Coal City Middle and Intermediate School

February Lunch Menu

Daily Tray Cost: \$2.85

February

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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Cheese Tomato Soup Steamed Cauliflower Pineapple Milk – Variety or Water <u>MS Ala Carte</u> Taco Max Snax
Average 2/1: Calories: 704 Sodium: 1558 mg Carbohydrates: 101 g Sat Fat: 3.2 g				
4 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Corn Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	5 Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Fresh Broccoli Mixed Fruit Milk- Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	6 Quesadilla/Salsa Black Beans/Corn Red Pepper Strips/Ranch Orange Wedges Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	7 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	8 Corn Dog Green Beans Cucumber Slices/Fresh Grapes Valentines Cookie Milk – Variety or Water <u>MS Ala Carte</u> Grilled Chicken
Average 2/4 – 2/8: Calories: 649 Sodium: 1024 mg Carbohydrates: 88 g Sat Fat: 4.4 g				
11 French Toast Sticks/Syrup Sausage Patty Hash brown Celery Sticks/Ranch Orange Juice Milk-Variety or Water <u>MS Ala Carte</u> Hamburger	12 Chicken Patty on a Bun Green Beans Red Pepper Strips Peaches Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	13 <u>Birthdays Celebration</u> Pizza Carrot Sticks/Ranch Steamed Broccoli/Mandarin Oranges Birthday Cake! Milk-Variety or Water <u>MS Ala Carte</u> Chicken Sticks	14 Early Dismissal No Lunch Served	15 No School Teacher Institute
Average 2/11 – 2/13: Calories: 646 Sodium: 921 mg Carbohydrates: 96 g Sat Fat: 6.1 g				
18 No School Presidents Day	19 Mini Corn Dogs Carrot Sticks/Ranch Steamed Corn Pears Milk – Variety or Water <u>MS Ala Carte</u> Rib Patty	20 Hot Dog on a Bun w/ Sun Chips Baked Beans Fresh Cauliflower/Ranch Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	21 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	22 Bosco Sticks with Marinara Sauce Green Beans Fresh Broccoli/Mixed Fruit Baked Apple Squares Milk- Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 2/19-2/22: Calories: 647 Sodium: 1168 mg Carbohydrates: 89 g Sat Fat: 6.5 g				
25 Chicken and Waffles Steamed Corn Carrot Sticks/Ranch Fresh Orange Milk-Variety or Water <u>MS Ala Carte</u> Pizza	26 Pizza Steamed Carrots Fresh Broccoli/Ranch Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Hoagie	27 Hamburger on a Bun Sweet Potato Fries Cucumber Slices/Ranch Apricots/Brownie Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	28 Macaroni and Cheese Green Beans Celery Sticks/Ranch Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	
Average 2/25-2/28: Calories: 649 Sodium: 1041 mg Carbohydrates: 89 g Sat Fat: 5.1 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.