



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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Mini Corn Dogs Steamed Corn Fresh Broccoli/Ranch Chocolate Chip Cookie Mixed Fruit Milk – Variety or Water <u>Ala Carte</u> Bosco Sticks
Average 3/1: Calories: 745 Sodium: 800mg Sat Fat: 6.45g				
4 No School Casimir Pulaski Day	5 Chicken Patty on a Bun Steamed Broccoli Carrot Sticks/Ranch Peaches Milk – Variety or Water <u>Ala Carte</u> Buffalo Cheese Crunchers	6 Pizza Boat Zucchini Steamed Carrots Fudge Filled Cookie Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar	7 French Toast Sticks/Syrup Hash brown/Sausage Patty Celery Sticks/Ranch Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Chicken Nuggets	8 Deli Ham Sandwich Carrot Sticks/Ranch Coleslaw Grapes Sun Chips Milk-Variety or Water <u>Ala Carte</u> Pizza
Average 3/4 – 3/8: Calories: 768 Sodium: 975mg Sat Fat: 9.24g				
11 Chicken Wrap Snax Green Beans Fresh Broccoli/Ranch Peaches Doritos Milk – Variety or Water <u>Ala Carte</u> Rib Patty	12 <u>Birthday Celebration</u> Turkey Poor Boy Steamed Corn Carrot Sticks/Ranch Pineapple <u>Birthday Cake!</u> Milk – Variety or Water <u>Ala Carte</u> Salad Bar	13 Early Release No Lunch Served	14 Taco in Tortilla Romaine Lettuce/Ranch Celery Sticks Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	15 Grilled Cheese Carrot Sticks/Ranch Yellow Squash Mixed Fruit Milk – Variety or Water <u>Ala Carte</u> Boneless Wings
Average 3/11 – 3/15: Calories: 817 Sodium: 1052mg Sat Fat: 9.95 g				
18 Bosco Sticks with Marinara Sauce Red Pepper Strips Cucumber Slices Fresh Grapes Strawberry Yogurt Cup Milk- Variety or Water <u>Ala Carte</u> Grilled Chicken	19 Mini Corn Dogs Steamed Broccoli Carrot Sticks/Ranch Pineapple St. Patrick’s Lime Sherbet Milk – Variety or Water <u>Ala Carte</u> 3 Cheese Bread	20 Cheeseburger on a Bun Baked Beans Green Beans Pears Milk-Variety or Water <u>Ala Carte</u> Fiestada	21 Chicken Nuggets French Fries Celery Sticks/Ranch Dinner Roll/Peaches Milk-Variety or Water <u>Ala Carte</u> Mozzarella Sticks	22 Pizza Red Pepper Strips/Ranch Cucumber Slices Orange Milk-Variety or Water <u>Ala Carte</u> Chicken Tenders
Average 3/18-3/22: Calories: 752 Sodium: 874 mg Sat Fat: 8.10 g				
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