



Coal City Middle/Intermediate School December Lunch Menu
Daily Tray Cost: \$2.65



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Corn Dog Red Pepper Strips Steamed Corn Pears Milk-Variety or Water <u>MS Ala Carte</u> Hoagie
12/1: Calories: 636 Sodium: 894 mg Carbohydrates: 99.62 g Sat Fat: 5.3 g				
4 French Toast Sticks/Syrup Sausage Patty Hash Brown Celery Sticks/Apple juice Milk-Variety or Water <u>MS Ala Carte</u> Fiestada	5 Pizza Boat Fresh Cauliflower/Ranch Green beans Peaches/Pudding Cup Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	6 Early Dismissal No Lunch Served	7 Grilled Cheese with Tomato Soup Goldfish Crackers Steamed Broccoli Apple Slices Milk – Variety or Water <u>MS Ala Carte</u> Turkey Fritter	8 Grilled Chicken on a Bun Steamed Corn Carrot Sticks/Ranch Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Pizza Sticks
Average 12/4 – 12/8: Calories: 646 Sodium: 1187 mg Carbohydrates: 86.03g Sat Fat: 8.3 g				
11 Hot Dog on a Bun Baked Beans Carrot Sticks/Ranch Pears Milk – Variety or Water <u>MS Ala Carte</u> Turkey Poorboy	12 Chicken Patty on a Bun Fresh Broccoli/Ranch Steamed Peas Peaches Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	13 <u>Birthday Celebration</u> Pizzaburger on a Bun Steamed Carrots/Grapes Black Beans/Corn Birthday Treat! Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	14 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Roll Applesauce/Teddy Graham Milk-Variety or Water <u>MS Ala Carte</u> Taco Max Snax	15 Bosco Sticks/Marinara Green Beans Fresh Broccoli/Ranch Yogurt/Oranges Rice Krispy Treat Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 12/11 – 12/15: Calories: 646 Sodium: 1036.32 mg Carbohydrates: 98.25 g Sat Fat: 4.6 g				
18 Chicken Wrap Snax Romaine Lettuce/Ranch Black Beans/Corn Apple Slices Milk – Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	19 Pizza Green Beans Fresh Broccoli Peaches Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	20 Hamburger on a Bun Tater Tots Steamed Corn Oranges Milk-Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	21 Taco in Tortilla Refried Beans Celery Sticks/Ranch Churro/Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	22 Submarine Sandwich Carrot Sticks/Ranch Red Pepper Strips Pineapple Milk – Variety or Water <u>MS Ala Carte</u> Grilled Chicken
Average 12/18 – 12/22: Calories: 845 Sodium: 1439 mg Carbohydrates: 131.24 g Sat Fat: 6.1 g				
25	26	27	28	29

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.