

Coal City Middle/Intermediate School October Lunch Menu

Daily Tray Cost: \$2.65



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> French Toast Sticks/Syrup Sausage Patty Hash Brown Celery Sticks/Apple Juice Milk-Variety or Water <u>MS Ala Carte</u> Fiestada	<b>3</b> Chicken Patty on a Bun Steamed Carrots Fresh Broccoli/Ranch Pineapple/Pudding Cup Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	<b>4</b> Quesadilla/Salsa Black Beans/Corn Green Beans Oranges Milk – Variety or Water <u>MS Ala Carte</u> Corn Dog	<b>5</b> Ravioli & Garlic Bread Garden Salad/Ranch Carrot Sticks/Ranch Fresh Apple Milk – Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	<b>6</b> Deli Ham Sandwich & Sun Chips Cucumber Slices/Ranch Red Pepper Strips Fresh Grapes/Fruit Juicy Milk – Variety or Water <u>MS Ala Carte</u> Grilled Chicken
<b>10/2-10/6:</b> Calories: 652    Sodium: 1272 mg    Carbohydrates: 91.59 g    Sat Fat: 5.5 g				
<b>9</b> <b>No School</b>	<b>10</b> Pizza Romaine Lettuce/Ranch Steamed Corn Peaches Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	<b>11</b> <b>Early Dismissal</b> <b>No Lunch Served</b>	<b>12</b> Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Fresh Apple/Wheat Roll Milk-Variety or Water <u>MS Ala Carte</u> Taco Max Snax	<b>13</b> Mini Corn Dogs Steamed Carrots Fresh Broccoli/Ranch Fruit Cocktail Milk-Variety or Water <u>MS Ala Carte</u> Calzone
<b>Average 10/9 – 10/13:</b> Calories: 654    Sodium: 1085 mg    Carbohydrates: 84.53 g    Sat Fat: 8.1 g				
<b>16</b> Grilled Cheese & Tomato Soup Cheddar Goldfish Crackers Green Beans Pineapple Milk – Variety or Water <u>MS Ala Carte</u> Fiestada	<b>17</b> Hamburger on a Bun Hash Brown Starz Steamed Broccoli Pears Milk-Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	<b>18</b> Chicken and Waffles Celery Sticks/Ranch Carrot Sticks Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Pizza	<b>19</b> <b>Early Dismissal</b> <b>No Lunch Served</b>	<b>20</b> <b>No School</b>
<b>Average 10/16 – 10/20:</b> Calories: 610    Sodium: 1106 mg    Carbohydrates: 88.54 g    Sat Fat: 5.5 g				
<b>23</b> Chicken Wrap Snax Romaine Lettuce/Ranch Red Pepper Strips/Ranch Pineapple Milk – Variety or Water <u>MS Ala Carte</u> Pizza	<b>24</b> Bosco Sticks/Marinara Steamed Carrots Fresh Cauliflower/Ranch Yogurt/Pears Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	<b>25</b> Hot Ham and Cheese Green Beans Fresh Broccoli/Ranch Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Turkey Fritter	<b>26</b> Taco in Tortilla Black Beans/Corn Romaine Lettuce/Ranch Applesauce/Churro Milk – Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	<b>27</b> Baja Fish Sticks/Hash Brown Starz Teddy Grahams Carrot Sticks/Ranch Orange Wedges Milk – Variety or Water <u>MS Ala Carte</u> Chalupa
<b>Average 10/23 – 10/27:</b> Calories: 662    Sodium: 1107 mg    Carbohydrates: 87.94 g    Sat Fat: 3.9 g				
<b>30</b> Hot dog on a Bun Baked Beans Celery Sticks/Ranch Pears Milk – Variety or Water <u>MS Ala Carte</u> Taco Max Snax	<b>31</b> <u>Halloween/Birthday Celebration</u> Chicken Patty on a Bun Fresh Broccoli/Ranch Green Beans/Peaches <b>Birthday Treat!</b> Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread			
<b>Average 10/30 – 10/31:</b> Calories: 642    Sodium: 1107.38 mg    Carbohydrates: 87.94 g    Sat Fat: 3.9 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.