



Coal City Middle and Intermediate School

March Lunch Menu

Daily Tray Cost: \$2.65



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salisbury Steak Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Bread/ Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Pizza Boat	2 Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Yogurt Steamed Peas/Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Chicken Sticks
Average 3/1 – 3/2: Calories: 637 Sodium: 964 mg Carbohydrates: 86.84 g Sat Fat: 6.1 g				
5 No School	6 Chicken Patty on a Bun Celery Sticks/Ranch Steamed Corn/Peaches Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	7 <u>BirthDay Celebration</u> Hamburger on a Bun Fresh Broccoli Green Beans/Orange Wedge <u>BirthDay Treat!</u> Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	8 Sloppy Joe on a Bun French Fries Carrot Sticks/Ranch Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	9 Pizza Garden Salad/Ranch Red Pepper Strips Mixed Fruit Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 3/5 – 3/9: Calories: 655 Sodium: 957 mg Carbohydrates: 95.90 g Sat Fat: 5.8 g				
12 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Carrots Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	13 Rib Patty on a Bun Celery Sticks/Ranch Steamed Broccoli Apple Slices Milk-Variety or Water <u>MS Ala Carte</u> Calzone	14 <u>Early Dismissal</u> No Lunch Served	15 Chicken Nuggets Mashed Potatoes/Gravy Carrot Sticks/Ranch Teddy Grahams Pears Milk-Variety or Water <u>MS Ala Carte</u> Taco Max Snax	16 Baja Fish Sticks NutriGrain Bar Fresh Cauliflower/Ranch Steamed Peas Fresh Grapes Milk-Variety or Water <u>MS Ala Carte</u> Chalupa
Average 3/12 – 3/16: Calories: 645 Sodium: 1029 mg Carbohydrates: 84.13 g Sat Fat: 5.2 g				
19 French Toast Sticks Sausage Patty Hash brown Celery Sticks/Ranch Orange Juice Milk – Variety or Water <u>MS Ala Carte</u> Fiestada	20 Corn Dog Red Pepper Strips Green Beans Mixed Fruit Pudding Cup Milk – Variety or Water <u>MS Ala Carte</u> Hoagie	21 Quesadilla/Salsa Black Beans/Corn Orange Smiles Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	22 Taco in Tortilla with a Churro Romaine Lettuce/Ranch Red Pepper Strips Applesauce Milk- Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	23 Pizza Sticks Carrot Sticks/Ranch Steamed Peas Peaches Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken
Average 3/19-3/23: Calories: 647 Sodium: 1066 mg Carbohydrates: 85.82g Sat Fat: 6.0 g				
26 Spring Break No School	27 Spring Break No School	28 Spring Break No School	29 Spring Break No School	30 Spring Break No School

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.