



Coal City Middle/Intermediate School November Lunch Menu

Daily Tray Cost: \$2.65



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Sticks/Sauce Green Beans Red Pepper Strips Fresh Apple Teddy Grahams Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	2 Hot Turkey Sandwich Mashed Potatoes/Gravy Celery Sticks Fruit Cocktail Milk- Variety or Water <u>MS Ala Carte</u> Taco Max Snax	3 Mini Corn Dogs Carrot Sticks/Ranch Steamed Peas Fresh Orange Pudding Cup Milk-Variety or Water <u>MS Ala Carte</u> Grilled Chicken
11/1-11/3: Calories: 651 Sodium: 1230 mg Carbohydrates: 91.13 g Sat Fat: 5.8 g				
6 French Toast Sticks/Syrup Sausage Patty/Hash Brown Celery Sticks/Fresh Apple Fruit Juicy Milk-Variety or Water <u>MS Ala Carte</u> Hamburger	7 Stuffed Crust Pizza Fresh Cauliflower/Ranch Steamed Peas Peaches Milk-Variety or Water <u>MS Ala Carte</u> Meatball Sub	8 Quesadilla/Salsa Black Beans/Corn Steamed Carrots Fresh Grapes Milk – Variety or Water <u>MS Ala Carte</u> Salad Bar	9 Ravioli and Garlic Bread Garden Salad/Ranch Steamed Broccoli Fresh Apple Milk – Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	10 Submarine Sandwich & Sun Chips Cucumber Slices/Ranch Red Pepper Strips Fresh Orange Milk – Variety or Water <u>MS Ala Carte</u> Turkey Fritter
Average 11/6 – 11/10: Calories: 649 Sodium: 1152 mg Carbohydrates: 85.64 g Sat Fat: 7.0 g				
13 Chicken and Waffles Celery Sticks/Ranch Carrot Sticks Peaches Milk-Variety or Water <u>MS Ala Carte</u> Pizza	14 <u>Birthday Celebration</u> Hamburger on a Bun Fresh Cauliflower/Ranch Steamed Broccoli/Fresh Orange Birthday Treat! Milk-Variety or Water <u>MS Ala Carte</u> Pork Tenderloin	15 <u>Early Dismissal</u> No Lunch Served	16 Salisbury Steak Mashed potatoes/gravy Celery Sticks/Ranch Wheat Roll/Applesauce Milk-Variety or Water <u>MS Ala Carte</u> Pizza Boat	17 Corn Dog Carrot Sticks/Ranch Garden Salad/Ranch Fresh Grapes/Jell-O Cup Milk-Variety or Water <u>MS Ala Carte</u> Chicken Patty
Average 11/13 – 11/17: Calories: 625 Sodium: 1060 mg Carbohydrates: 86.56 g Sat Fat: 5.2 g				
20 Chicken Wrap Snax Romaine Lettuce/Ranch Fresh Cauliflower/Ranch Peaches Milk – Variety or Water <u>MS Ala Carte</u> Pizza	21 Bosco Sticks/Marinara Green Beans Fresh Broccoli/Ranch Yogurt/Fruit Cup Milk-Variety or Water <u>MS Ala Carte</u> Popcorn Chicken	22 No School	23 No School	24 No School
Average 11/20 – 11/24: Calories: 649 Sodium: 902 mg Carbohydrates: 88.53 g Sat Fat: 2.9 g				
27 Chicken Patty on a Bun Steamed Cauliflower Green Beans Pears/Pudding Cup Milk – Variety or Water <u>MS Ala Carte</u> 3 Cheese Bread	28 Flatbread Pizza Steamed Carrots Romaine Lettuce/Ranch Pineapple Tidbits Milk – Variety or Water <u>MS Ala Carte</u> Pulled Pork	29 Hamburger on a Bun Baked Beans Carrot Sticks/Ranch Fresh Grapes/Cookie Milk-Variety or Water <u>MS Ala Carte</u> Salad Bar	30 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Teddy Grahams/Fresh Apple Milk-Variety or Water <u>MS Ala Carte</u> Mozzarella Sticks	
Average 11/27 – 11/30: Calories: 651 Sodium: 1084 mg Carbohydrates: 90.02 g Sat Fat: 7.3 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.