



Coal City High School December Lunch Menu  
**Daily Tray Cost: \$2.90**



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Corn Dog Red Pepper Strips Steamed Corn Pears Cookie Milk-Variety or Water <u>Ala Carte</u> Turkey Fritter
<b>12/1:</b> Calories: 886    Sodium: 996 mg    Carbohydrates: 146.65 g    Sat Fat: 7.3 g				
<b>4</b> Lumberjack/Syrup Hash Brown Celery Sticks/Applesauce Milk-Variety or Water  <u>Ala Carte</u> Hamburger	<b>5</b> Pizza Boat Fresh Cauliflower/Ranch Green beans Peaches/Pudding Cup Milk-Variety or Water  <u>Ala Carte</u> Salad Bar	<b>6</b> <b>Early Dismissal</b> <b>No Lunch Served</b>	<b>7</b> Grilled Cheese with Tomato Soup Goldfish Crackers Steamed Broccoli Applesauce Milk – Variety or Water  <u>Ala Carte</u> Pork Tenderloin	<b>8</b> Grilled Chicken on a Bun Steamed Corn Carrot Sticks/Ranch Fresh Grapes/Cookie Milk – Variety or Water  <u>Ala Carte</u> Meatball Sub
<b>Average 12/4 – 12/8:</b> Calories: 818    Sodium: 1341 mg    Carbohydrates: 124.54 g    Sat Fat: 8.2 g				
<b>11</b> Hot Dog on a Bun Baked Beans Carrot Sticks/Ranch Pears Milk – Variety or Water  <u>Ala Carte</u> Quesadilla	<b>12</b> Chicken Patty on a Bun Fresh Broccoli/Ranch Steamed Peas Peaches/Pudding Cup Milk – Variety or Water  <u>Ala Carte</u> Salad Bar	<b>13</b> <b>Birthday Celebration</b> Pizzaburger on a Bun Steamed Carrots/Fruit Cup Black Beans/Corn Birthday Treat! Milk-Variety or Water  <u>Ala Carte</u> Salad Bar	<b>14</b> Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Roll Applesauce Milk-Variety or Water  <u>Ala Carte</u> Taco Max Snax	<b>15</b> Bosco Sticks/Marinara Green Beans Fresh Broccoli/Ranch Yogurt/Oranges Rice Krispy Treat Milk-Variety or Water  <u>Ala Carte</u> Chicken Tenders
<b>Average 12/11 – 12/15:</b> Calories: 823    Sodium: 1396 mg    Carbohydrates: 124.52 g    Sat Fat: 6.8 g				
<b>18</b> Chicken Wrap Snax Romaine Lettuce/Ranch Black Beans/Corn Fresh Apple Milk – Variety or Water  <u>Ala Carte</u> Rib Patty	<b>19</b> Stuffed Crust Pizza Green Beans Fresh Broccoli Peaches/Pudding Cup Milk-Variety or Water  <u>Ala Carte</u> Meatball Sub	<b>20</b> Hamburger on a Bun Tater Tots Steamed Corn Oranges Milk-Variety or Water  <u>Ala Carte</u> Salad Bar	<b>21</b> Taco in Tortilla Refried Beans Celery Sticks/Ranch Churro/Applesauce Milk-Variety or Water  <u>Ala Carte</u> Mozzarella Sticks	<b>22</b> Submarine Sandwich & Sun Chips Carrot Sticks/Ranch Red Pepper Strips Fresh Fruit Milk – Variety or Water
<b>Average 12/18 – 12/22:</b> Calories: 845    Sodium: 1439 mg    Carbohydrates: 131.24 g    Sat Fat: 6.1 g				
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>