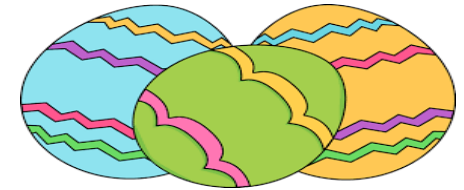




Coal City High School April Lunch Menu
Daily Tray Cost: \$2.90



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Chicken Patty on a Bun Cookie Steamed Carrots/Peaches Romaine Lettuce/Ranch Milk – Variety or Water <u>Ala Carte</u> Calzone	4 Hamburger on a Bun Baked Beans Red Pepper Strips Fruit Cup/Jell-O Milk-Variety or Water <u>Ala Carte</u> Salad Bar	5 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Dinner Roll/Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax	6 Mini Corn Dogs Fresh Broccoli/Ranch Steamed Corn Fresh Orange Milk – Variety or Water <u>Ala Carte</u> Bosco Sticks
Average 4/2 – 4/6: Calories: 845 Sodium: 1216 mg Carbohydrates: 128.96 g Sat Fat: 8.0 g				
9 French Toast Sticks w/ Sausage Patty Hash brown Celery Sticks/Ranch Orange Juice Milk – Variety or Water <u>Ala Carte</u> Hamburger	10 Pizza Carrot Sticks/Ranch Steamed Peas Cookie/Mixed Fruit Milk-Variety or Water <u>Ala Carte</u> Salad Bar	11 Early Dismissal No Lunch Served	12 Spaghetti with Meat Sauce w/ Garlic Bread Garden Salad/Ranch Fresh Broccoli Pineapple Milk – Variety or Water <u>Ala Carte</u> Turkey Fritter	13 Grilled Chicken on a Bun Steamed Cauliflower Red Pepper Strips Yogurt/Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Pizza Sticks
Average 4/9 – 4/13: Calories: 798 Sodium: 1164 mg Carbohydrates: 110.26 g Sat Fat: 6.8 g				
16 Sweet Sesame Chicken Stir-Fry w/ Brown Rice Pineapple Fortune Cookie Milk – Variety or Water <u>Ala Carte</u> Pizza Boat	17 Corn Dog Red Pepper Strips Pudding Cup/Green Beans Mandarin Oranges Milk – Variety or Water <u>Ala Carte</u> Salad Bar	18 Quesadilla/Salsa Black Beans/Corn Celery Sticks/Ranch Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar	19 Taco in Tortilla with a Churro Garden Salad/Ranch Refried Beans Fresh Apple Milk- Variety or Water <u>Ala Carte</u> Mozzarella Sticks	20 Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Garden Salad Peaches Milk-Variety or Water <u>Ala Carte</u> Chicken Tenders
Average 4/16 – 4/20: Calories: 795 Sodium: 1085 mg Carbohydrates: 121.06 g Sat Fat: 5.3 g				
23 Chicken Wrap Snax Romaine Lettuce/Ranch Black Beans/Corn Pears Milk – Variety or Water <u>Ala Carte</u> Rib Patty	24 Birthdays Celebration Pizza Sticks Carrot Sticks/Ranch Steamed Peas/Pineapple Birthdays Treat! Milk-Variety or Water <u>Ala Carte</u> Hamburger	25 Hot Dog on a Bun Baked Beans Fresh Broccoli Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar	26 Grilled Cheese w/ Tomato Soup Green Beans Applesauce Goldfish Crackers Milk- Variety or Water <u>Ala Carte</u> Pork Tenderloin	27 Sub Sandwich Sun Chips Cucumber Slices Red Pepper Strips/Ranch Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Pizza
Average 4/23-4/27: Calories: 779 Sodium: 1499 mg Carbohydrates: 114.34g Sat Fat: 5.7 g				
30 Hamburger on a Bun French Fries Celery Sticks/Ranch Apricots Milk-Variety or Water <u>Ala Carte</u> Quesadilla				
4/30: Calories: 806 Sodium: 1189 mg Carbohydrates: 120.71g Sat Fat: 7.1 g				