



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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | | 1 Salisbury Steak Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Bread/ Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Fiestada | 2 Bosco Sticks with Marinara Sauce Carrot Sticks/Ranch Cookie Steamed Peas/Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Chicken Tenders |
| Average 3/1 – 3/2: Calories: 769 Sodium: 1013 mg Carbohydrates: 103.98 g Sat Fat: 8.7 g | | | | |
| 5 No School | 6 Chicken Patty on a Bun Sun Chips Celery Sticks/Ranch Steamed Corn/Peaches Milk – Variety or Water <u>Ala Carte</u> Ham and Cheese Melt | 7 <u>Birthday Celebration</u> Hamburger on a Bun Fresh Broccoli Green Beans/Apricots Birthday Treat! Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 8 Sloppy Joe on a Bun French Fries Carrot Sticks/Ranch Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Beef Hot Dog | 9 Pizza Garden Salad/Ranch Red Pepper Strips Mixed Fruit Pudding Cup Milk-Variety or Water <u>Ala Carte</u> Chicken Patty Sandwich |
| Average 3/5 – 3/9: Calories: 820 Sodium: 1019 mg Carbohydrates: 129.21 g Sat Fat: 6.4 g | | | | |
| 12 Chicken Wrap Snax Romaine Lettuce/Ranch Steamed Carrots Peaches Cookie Milk – Variety or Water <u>Ala Carte</u> Pizza | 13 Rib Patty on a Bun Tater Tots Celery Sticks/Ranch Fresh Orange Rice Crispy Treat Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 14 Early Dismissal No Lunch Served | 15 Chicken Nuggets Mashed Potatoes/Gravy Carrot Sticks/Ranch Teddy Grahams Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax | 16 Baja Fish Sticks/French Fries Pretzel Bosco Stick Coleslaw Fresh Grapes Milk-Variety or Water <u>Ala Carte</u> Corndog |
| Average 3/12 – 3/16: Calories: 831 Sodium: 1257 mg Carbohydrates: 114.25 g Sat Fat: 7.3 g | | | | |
| 19 French Toast Sticks Sausage Patty Hashbrown Celery Sticks/Ranch Orange Juice Milk – Variety or Water <u>Ala Carte</u> Hamburger | 20 Corn Dog Red Pepper Strips Green Beans Apricots/Cookie Milk – Variety or Water <u>Ala Carte</u> Salad Bar | 21 Quesadilla/Salsa Black Beans/Corn Fresh Broccoli/Ranch Fresh Orange Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 22 Taco in Tortilla with a Churro Romaine Lettuce/Ranch Red Pepper Strips Applesauce Milk- Variety or Water <u>Ala Carte</u> Meatloaf Sandwich | 23 Pizza Sticks Carrot Sticks/Ranch Steamed Peas Peaches Milk-Variety or Water <u>Ala Carte</u> Meatball Sub |
| Average 3/19-3/23: Calories: 806 Sodium: 1192 mg Carbohydrates: 108.61g Sat Fat: 7.3 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 |