



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



Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks/Syrup Sausage Patty Hash Brown Celery Sticks/Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Hamburger	3 Chicken Patty on a Bun Steamed Carrots Fresh Broccoli/Ranch Pineapple/Pudding Cup Milk – Variety or Water <u>Ala Carte</u> Ham and Cheese Melt	4 Quesadilla/Salsa Black Beans/Corn Peas Oranges Milk – Variety or Water <u>Ala Carte</u> Salad Bar	5 Ravioli and Garlic Bread Garden Salad/Ranch Carrot Sticks/Ranch Applesauce Milk – Variety or Water <u>Ala Carte</u> Pork Tenderloin	6 Deli Ham Sandwich & Sun Chips Cucumber Slices/Ranch Red Pepper Strips Fresh Grapes/Fruit Juicy Milk – Variety or Water <u>Ala Carte</u> Pizza
10/2-10/6: Calories: 824 Sodium: 1437 mg Carbohydrates: 109.81 g Sat Fat: 9.6 g				
9 No School	10 Pizza Romaine Lettuce/Ranch Steamed Corn Peaches Milk-Variety or Water <u>Ala Carte</u> Salad Bar	11 Early Dismissal No Lunch Served	12 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Wheat Roll Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax	13 Mini Corn Dogs Steamed Carrots Fresh Broccoli/Ranch Fruit Cup Milk-Variety or Water <u>Ala Carte</u> Bosco Sticks
Average 10/9 – 10/13: Calories: 855 Sodium: 1381 mg Carbohydrates: 135.44 g Sat Fat: 8.3 g				
16 Grilled Cheese & Tomato Soup Cheddar Goldfish Crackers Green Beans Pineapple Milk – Variety or Water <u>Ala Carte</u> Turkey Fritter	17 Hamburger on a Bun Tater Tots Steamed Broccoli Pears Milk-Variety or Water <u>Ala Carte</u> Salad Bar	18 Chicken and Waffles Celery Sticks/Ranch Carrot Sticks Applesauce Milk-Variety or Water <u>Ala Carte</u> Pork Tenderloin	19 Early Dismissal No Lunch Served	20 No School
Average 10/16 – 10/20: Calories: 775 Sodium: 1386 mg Carbohydrates: 118.40 g Sat Fat: 5.8 g				
23 Chicken Wrap Snax Romaine Lettuce/Ranch Red Pepper Strips/Ranch Pineapple Milk – Variety or Water <u>Ala Carte</u> Rib Patty	24 Bosco Sticks/Marinara Steamed Carrots & Cookie Fresh Cauliflower/Ranch Yogurt/Pears Milk-Variety or Water <u>Ala Carte</u> Hot Dog	25 Hot Ham and Cheese Green Beans Fresh Broccoli/Ranch Fresh Grapes/Fruit Juicy Milk – Variety or Water <u>Ala Carte</u> Salad Bar	26 Taco in Tortilla Black Beans/Corn Romaine Lettuce/Ranch Applesauce/Churro Milk – Variety or Water <u>Ala Carte</u> Mozzarella Sticks	27 Baja Fish Sticks/French Fries Pretzel Bosco Stick Celery Sticks/Ranch Fruit Cup Milk – Variety or Water <u>Ala Carte</u> Hamburger
Average 10/23 – 10/27: Calories: 850 Sodium: 1386 mg Carbohydrates: 118.40 g Sat Fat: 5.8 g				
30 Hot dog on a Bun Baked Beans Celery Sticks/Ranch Pears Cookie Milk – Variety or Water <u>Ala Carte</u> Pizza	31 Halloween/Birthday Celebration Chicken Patty on a Bun Fresh Broccoli/Ranch Green Beans/Peaches Birthday Treat! Milk – Variety or Water <u>Ala Carte</u> Salad Bar			
Average 10/30 – 10/31: Calories: 755 Sodium: 1280 mg Carbohydrates: 116.20 g Sat Fat: 4.5 g				