



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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| | | 1 Pizza Sticks/Sauce Green Beans Red Pepper Strips Fresh Apple Teddy Grahams Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 2 Hot Turkey Sandwich Mashed Potatoes/Gravy Celery Sticks Fruit Cocktail Milk- Variety or Water <u>Ala Carte</u> Fiesta | 3 Mini Corn Dogs Carrot Sticks/Ranch Steamed Peas Fresh Orange Pudding Cup Milk-Variety or Water <u>Ala Carte</u> Bosco Sticks |
| 11/1-11/3: | | | | |
| Calories: 844 Sodium: 1485 mg Carbohydrates: 128.53 g Sat Fat: 7.2 g | | | | |
| 6 Lumberjack/Syrup Hash Brown Celery Sticks/Fresh Apple Fruit Juicy Milk-Variety or Water <u>Ala Carte</u> Hamburger | 7 Stuffed Crust Pizza Fresh Cauliflower/Ranch Steamed Peas Peaches Milk-Variety or Water <u>Ala Carte</u> Chicken Tenders | 8 Quesadilla/Salsa Black Beans/Corn Steamed Carrots Fresh Grapes Milk – Variety or Water <u>Ala Carte</u> Salad Bar | 9 Ravioli and Garlic Bread Garden Salad/Ranch Steamed Broccoli Fresh Apple Milk – Variety or Water <u>Ala Carte</u> Turkey Fritter | 10 Submarine Sandwich & Sun Chips Cucumber Slices/Ranch Red Pepper Strips Fresh Orange Milk – Variety or Water <u>Ala Carte</u> Pizza |
| Average 11/6 – 11/10: | | | | |
| Calories: 846 Sodium: 1480 mg Carbohydrates: 114.32 g Sat Fat: 10.4 g | | | | |
| 13 Chicken and Waffles Celery Sticks/Ranch Carrot Sticks Peaches Milk-Variety or Water <u>Ala Carte</u> Pork Tenderloin | 14 <u>Birthday Celebration</u> Hamburger on a Bun Fresh Cauliflower/Ranch Steamed Broccoli/Fresh Orange Birthday Treat! Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 15 Early Dismissal No Lunch Served | 16 Salisbury Steak Mashed potatoes/gravy Celery Sticks/Ranch Wheat Roll/Applesauce Milk-Variety or Water <u>Ala Carte</u> Fiesta | 17 Corn Dog Carrot Sticks/Ranch Garden Salad/Ranch Fresh Grapes/Jell-O Cup Milk-Variety or Water <u>Ala Carte</u> Turkey Fritter |
| Average 11/13 – 11/17: | | | | |
| Calories: 816 Sodium: 1279.42 mg Carbohydrates: 122.66 g Sat Fat: 7.0 g | | | | |
| 20 Chicken Wrap Snax Romaine Lettuce/Ranch Fresh Cauliflower/Ranch Peaches Milk – Variety or Water <u>Ala Carte</u> Rib Patty | 21 Bosco Sticks/Marinara Green Beans Fresh Broccoli/Ranch Yogurt/Fruit Cup Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 22 No School | 23 No School | 24 No School |
| Average 11/20 – 11/24: | | | | |
| Calories: 820 Sodium: 940 mg Carbohydrates: 131.24 g Sat Fat: 3.0 g | | | | |
| 27 Chicken Patty on a Bun Steamed Cauliflower Green Beans Peas/Pudding Cup Milk – Variety or Water <u>Ala Carte</u> Ham and Cheese Melt | 28 Flatbread Pizza Steamed Carrots Romaine Lettuce/Ranch Pineapple Tidbits Milk – Variety or Water <u>Ala Carte</u> Salad Bar | 29 Hamburger on a Bun Baked Beans Carrot Sticks/Ranch Fresh Grapes/Cookie Milk-Variety or Water <u>Ala Carte</u> Salad Bar | 30 Chicken Nuggets Mashed Potatoes/Gravy Celery Sticks/Ranch Teddy Grahams Fresh Apple Milk-Variety or Water <u>Ala Carte</u> Taco Max Snax | |
| Average 11/27 – 11/30: | | | | |
| Calories: 810 Sodium: 1277 mg Carbohydrates: 114.27 g Sat Fat: 8.5 g | | | | |