



Coal City Elementary School and Early Childhood Center

January Lunch Menu

Daily Tray Cost: \$2.50



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 No School Teacher Institute	9 Chicken Patty on a Bun Green Beans Peaches Pudding Cup Milk – Variety	10 Hamburger on a Bun French Fries Fresh Grapes Milk-Variety	11 Ravioli Garlic Toast Garden Salad/Ranch Pineapple Milk – Variety	12 Mini Corn Dogs Carrot Sticks/Ranch Fresh Apple Slices Milk – Variety
Average 1/8 – 1/12: Calories: 647 Sodium: 1013 mg Carbohydrates: 89.37 g Sat Fat: 6.1 g				
15 No School Martin Luther King Jr. Day	16 Pizza Boat Steamed Broccoli Jell-O Cup Pears Milk-Variety	17 Hot Dog on a Bun Baked Beans Fresh Apple Slices Milk – Variety	18 Chicken Nuggets Mashed Potatoes/Gravy Teddy Grahams Peaches Milk-Variety	19 Fish Sticks Coleslaw Nutrigrain Bar Orange Smiles Milk-Variety
Average 1/15 – 1/19: Calories: 620 Sodium: 1174 mg Carbohydrates: 84.43 g Sat Fat: 6.1 g				
22 Chicken Wrap Snax Red Pepper Strips Pears Milk – Variety	23 Rib Patty on a Bun Green Beans Pineapple Tidbits Milk-Variety	24 Quesadilla Salsa Black Beans/Corn Fresh Grapes Milk-Variety	25 Sloppy Joe on a Bun Steamed Broccoli Sun Chips Applesauce Milk-Variety	26 Pizza Steamed Corn Orange Smiles Milk-Variety
Average 1/22-1/26: Calories: 643 Sodium: 878 mg Carbohydrates: 90.65 g Sat Fat: 5.7 g				
29 French Toast Sticks Sausage Patty Hash Brown Applesauce Milk-Variety	30 Birthday Celebration Chicken Patty on a Bun Birthday Treat! Green Beans Fruit Cocktail Milk – Variety	31 Pizza Boat Steamed Broccoli Pears Milk-Variety		
Average 1/29-1/31: Calories: 650 Sodium: 1005 mg Carbohydrates: 90.01 g Sat Fat: 6.8 g				

Low Balance reminders will be sent via email on the last day of the week.

*Wow butter is produced in a peanut & tree-nut free environment.