

Coal City Elementary School and Early Childhood Center

October Lunch Menu

Daily Tray Cost: \$2.50



Monday	Tuesday	Wednesday	Thursday	Friday
2 French Toast Sticks/Syrup Sausage Patty Hash Brown Apple Juice Milk-Variety	3 Chicken Patty on a Bun Steamed Carrots Pineapple Pudding Cup Milk – Variety	4 Quesadilla/Salsa Black Beans/Corn Oranges Smiles Milk – Variety	5 Ravioli Garlic Bread Garden Salad/Ranch Pears Milk – Variety	6 Deli Ham Sandwich Cucumber Slices/Ranch Fresh Grapes/Fruit Juicy Milk – Variety
10/2-10/6:				
Calories: 643 Sodium: 1240 mg Carbohydrates: 87.65 g Sat Fat: 6.3 g				
9 No School	10 Pizza Romaine Lettuce/Ranch Peaches Milk-Variety	11 Early Dismissal No Lunch Served	12 Chicken Nuggets Mashed Potatoes/Gravy Wheat Roll Apple Slices Milk-Variety or Water	13 Mini Corn Dogs Steamed Carrots Fruit Cocktail Milk-Variety or Water
Average 10/9 – 10/13:				
Calories: 627 Sodium: 1111 mg Carbohydrates: 78.84 g Sat Fat: 7.7 g				
16 Grilled Cheese Tomato Soup Cheddar Goldfish Crackers Pineapple Milk – Variety	17 Hamburger on a Bun Hash Brown Starz Pears Milk-Variety	18 Chicken and Waffles Carrot Sticks/Ranch Applesauce Milk-Variety	19 Early Dismissal No Lunch Served	20 No School
Average 10/16 – 10/20:				
Calories: 627 Sodium: 1258 mg Carbohydrates: 90.85 g Sat Fat: 5.9 g				
23 Chicken Wrap Snax Romaine Lettuce/Ranch Pineapple Milk – Variety	24 Bosco Sticks/Marinara Steamed Carrots Yogurt Pears Milk-Variety	25 Hot Ham and Cheese Green Beans Fresh Grapes Milk – Variety	26 Taco in Tortilla Black Beans/Corn Applesauce Churro Milk – Variety	27 Fish Shapes Hash Brown Starz Orange Smiles Teddy Grahams Milk – Variety
Average 10/23 – 10/27:				
Calories: 640 Sodium: 1168 mg Carbohydrates: 82.88 g Sat Fat: 4.6 g				
30 Hot dog on a Bun Baked Beans Pears Milk – Variety	31 Halloween/Birthday Celebration Chicken Patty on a Bun Fresh Broccoli/Ranch Peaches Birthday Treat! Milk – Variety			
Average 10/30 – 10/31:				
Calories: 642 Sodium: 1107.38 mg Carbohydrates: 87.94 g Sat Fat: 3.9 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.