

Vegetable Selection fruit or fruit juice 1% Milk

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Choose MyPlate.gov

FREE Breakfast and Lunch to all students! Enjoy!!

Milk choice of 1% or ff chocolate available. For questions/comments, please contact your FSD

at 641-257-6505 ext 2316 or email taher@charles-city.k12.ia.us



Your MENUS plus more information on our app Taher Food4Life®

