





Charles City Schools Breakfast Menu

November
2020

Fruit and vegetables offered daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Pancakes Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	3 Turkey Breakfast Biscuit Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	4 Sausage Breakfast Pizza Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	5 Mini-Cinnis Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	6 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
9 No School-Professional Development	10 Blueberry Muffin Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	11 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	12 Breakfast Sandwich Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	13 Mini Eggo Waffles Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
16 Sausage Breakfast Pizza Choice of Cereal Graham Crackers Vegetable Selection Canned Fruit 1% Milk	17 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	18 Plain Bagel Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk	19 Mini-Cinnis Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	20 Breakfast Burrito Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk
23 French Toast Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Apple Juice 1% Milk	24 Mini-Cinnis Choice of Cereal Graham Crackers Vegetable Selection Orange Juice 1% Milk	25 Thanksgiving Break	26 Thanksgiving Break	27 Thanksgiving Break
30 Cocoa Puffs Cereal Bar Choice of Cereal Graham Crackers Vegetable Selection Fresh Fruit 1% Milk				 <p>Choose MyPlate.gov</p>

INFORMATION

Breakfast and Lunch
are FREE for
all students!!

EXTRA INFO

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

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.