



# Charles City Middle School Lunch Menu

November  
2020

Fruit and veggies offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Hamburger on a Bun</p> <p>Golden French Fries Romaine Lettuce</p>	<p><b>3</b></p> <p>Macaroni &amp; Cheese</p> <p>Roasted Broccoli Red Peppers</p>	<p><b>4</b></p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Beans Cherry Tomato</p>	<p><b>5</b></p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Steamed Corn Baby Carrots</p>	<p><b>6</b></p> <p>Cheese Pizza</p> <p>Roasted Cauliflower Celery Sticks</p>
<p><b>9</b></p> <p>No School-Professional Development</p>	<p><b>10</b></p> <p>Crispito chips and salsa</p> <p>Refried Beans Romaine Lettuce</p>	<p><b>11</b></p> <p>Popcorn Chicken Whole Grain Dinner Roll</p> <p>Mashed Potatoes Gravy Steamed Corn</p>	<p><b>12</b></p> <p>Turkey Deli Sub Sandwich</p> <p>Baby Carrots Romaine Lettuce</p>	<p><b>13</b></p> <p>Cheesy Italian Flatbread</p> <p>Broccoli Florets Red Peppers</p>
<p><b>16</b></p> <p>Crispy Chicken Sandwich</p> <p>Roasted Cauliflower Romaine Lettuce</p>	<p><b>17</b></p> <p>Pasta with Meat Sauce Rip Stick Breadstick</p> <p>Green Beans Romaine Lettuce</p>	<p><b>18</b></p> <p>Toasted Cheese Sandwich Homemade Tomato Soup</p> <p>Cucumber Slices</p>	<p><b>19</b></p> <p>Beefy Nachos w/Homemade Cheese Sauce</p> <p>Spicy Pinto Beans Salsa</p>	<p><b>20</b></p> <p>Roast Turkey &amp; Gravy Whole Grain Dinner Roll</p> <p>Mashed Potatoes Glazed Carrots</p>
<p><b>23</b></p> <p>French Toast Sticks Sausage Patty</p> <p>Breakfast Potatoes Baby Carrots</p>	<p><b>24</b></p> <p>Beef Hotdog on a Bun</p> <p>Baked Beans Celery Sticks</p>	<p><b>25</b></p> <p>Thanksgiving Break</p>	<p><b>26</b></p> <p>Thanksgiving Break</p>	<p><b>27</b></p> <p>Thanksgiving Break</p>
<p><b>30</b></p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Golden French Fries Broccoli Florets</p>				 <p>Choose <b>MyPlate</b>.gov</p>

INFORMATION

Breakfast and Lunch  
is FREE  
for all Students

EXTRA INFO

Milk choice of white or chocolate available.  
For questions/comments please email your  
FSD at [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)

HARVEST OF



THE MONTH

Your MENUS plus more  
information on our app  
TaHER Food4Life®



[www.taher.com](http://www.taher.com)