



Charles City Schools Breakfast Menu

November
2022

fruits and veggies offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>2 Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>3 Cinnamon Roll</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>4 Breakfast Banana Split Yogurt Parfait</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>
<p>7 Brekkie</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>8 Chocolate Chip Muffin Cheese Stick</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>9 Plain Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>10 Breakfast Macaroni and Cheese- new recipe</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>11 Mini Eggo Waffles</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>
<p>14 Cheesy Ham Melt</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>15 Blueberry Loaf</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>16 Coffee Cake</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>17 Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>18 Bacon, Egg & Cheese on English Muffin</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>
<p>21 Breakfast Flatbread</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>22 Vanilla Frosted Long John</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p>	<p>23 Thanksgiving Break</p>	<p>24 Thanksgiving Break</p>	<p>25 Thanksgiving Break</p>
<p>28 Mini Pancakes</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>29 Breakfast Sandwich</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>	<p>30 Sausage Breakfast Pizza</p> <p>Choice of Cereal Graham Crackers</p> <p>Vegetable Selection Fruit or Juice Selection</p> <p>1% Milk</p>		

PRICES

Regular	\$1.50
Reduced	\$0.30
Adult	\$2.00

EXTRA INFO

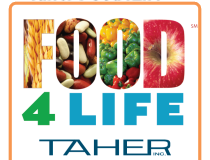
Milk choice of 1% white or FF chocolate available.
For questions/comments please contact your FSD
@ charles-city.k12.ia.us.

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



www.taHer.com