

Charles City Middle School Lunch Menu

Fresh fruit and veggie bar offered daily!



November
2022

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MONDAY

THURSDAY 3

Classic Cafe Sub Sandwich Bar, Kettle Potato Chips, Broccoli Salad

Pizza Station Pepperoni Pizza

Fresh Choices Yogurt Pak with Bagel, Buffalo Chicken Salad

TUESDAY 1

FRIDAY 4

Classic Cafe Sloppy Joe on a Bun, Baked Beans, Coleslaw, Sugar Cookie

Pizza Station Cheese Pizza

Fresh Choices Ham Deli Sub Sandwich, Chef Salad

Classic Cafe Chicken Bacon Alfredo Flatbread, Kale Salad, Roasted Cauliflower

Diner Station Spicy Chicken Patty on Bun

Fresh Choices Turkey Deli Sub Sandwich, 7 Layer Salad

WEDNESDAY 2

EXTRA INFO

Classic Cafe Rattle Snake Pasta Bowl, Garlic Toast, Garden Salad, Roasted Broccoli

Diner Station Crispy Chicken Tenders

Fresh Choices Turkey BLT Wrap, Chicken Caesar Salad

Harvest of the Month



Milk choice of white or chocolate available.
For questions/comments please contact your FSD
at 641-257-6505 or email taher@charles-city.k12.ia.us

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

TAHER INC.

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MONDAY

Classic Cafe French Toast Sticks, Sausage Patty, Breakfast Potatoes

Diner Station Grilled Ham & Cheese Sandwich

Fresh Choices Honey Mustard Ham Wrap, Crispy Chicken Salad

10

THURSDAY

Classic Cafe Jambalaya, Cornbread, Roasted Cauliflower, Garden Salad

Pizza Station Cheese Pizza

Fresh Choices Turkey Deli Sub Sandwich, Turkey BLT Salad

8

TUESDAY

Classic Cafe Popcorn Chicken Bowl, Mashed Potatoes, Steamed Corn, Whole Grain Dinner Roll

Pizza Station Sausage Pizza

Fresh Choices Ham Deli Sandwich, Beef Taco Salad

11

FRIDAY

Classic Cafe Cheesy Italian Flatbread, Steamed Green Beans, Caesar Salad

Diner Station Crispy Chicken Nuggets

Fresh Choices Buffalo Chicken Wrap, 7 Layer Salad

9

WEDNESDAY

Classic Cafe Corn Dog, Macaroni & Cheese, Baked Beans, Broccoli Salad

Diner Station Fish Sandwich with Cheese

Fresh Choices Crispy Chicken Wrap, Chef Salad

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MONDAY

- Classic Cafe** Burger Bar, Golden French Fries
- Diner Station** Corn Dog
- Fresh Choices** Pizza Munchable, Harvest Chicken Salad

17

THURSDAY

- Classic Cafe** Chicken Bites w/ Sweet & Sour Sauce, Brown Rice, Whole Grain Dinner Roll, Stir Fry Vegetable
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Ham and Cheese Flatbread Munchable, Chicken Caesar Salad

15

TUESDAY

- Feast of Thanks** Roast Turkey, Gravy, Mashed Potatoes, Roasted Corn, Bread Stuffing, Warm Cinnamon Apples, H

18

FRIDAY

- Classic Cafe** Buffalo Chicken Dip, Tortilla Chips - 2 oz, Roasted Broccoli
- Diner Station** Crispy Chicken Sandwich
- Fresh Choices** Turkey Ham Deli Sub Sandwich, Chef Salad

16

WEDNESDAY

- Classic Cafe** Beefy Nachos w/Cheese Sauce, Romaine Lettuce, Corn & Black Bean Salsa
- Diner Station** Chicken and Cheese Quesadilla
- Fresh Choices** Turkey Ranch Wrap, Turkey BLT Salad

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MONDAY

- Classic Cafe** Asian Beef Noodle Bowl, Steamed Broccoli, Red Peppers, Cucumber Ranch Salad. Chocolate Chip Cookie
- Diner Station** Crispy Chicken Tenders
- Fresh Choices** Turkey BLT Wrap, Crispy Chicken Salad

24

THURSDAY

- Classic Cafe** Thanksgiving Break

22

TUESDAY

- Classic Cafe** Crispito, Tortilla Chips, Spiced Pinto Beans, Salsa, Prickly Pear Showing
- Pizza Station** Chicken Alfredo Pizza
- Fresh Choices** Crispy Chicken Wrap, Beef Taco Salad

25

FRIDAY

- Classic Cafe** Thanksgiving Break

23

WEDNESDAY

- Classic Cafe** Thanksgiving Break

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MONDAY

- Classic Cafe** Crispy Chicken Sandwich, Baked Beans, Broccoli Salad
- Diner Station** Corn Dog
- Fresh Choices** Buffalo Chicken Wrap, 7 Layer Salad

THURSDAY

29

TUESDAY

- Classic Cafe** Pasta with Meat Sauce, Garlic Toast, Roasted Cauliflower, Caesar Salad
- Pizza Station** Cheese Pizza
- Fresh Choices** Ham Deli Sub Sandwich, Chef Salad

FRIDAY

30

WEDNESDAY

- Classic Cafe** Beef Chili, Cinnamon Roll, Steamed Peas
- Diner Station** Crispy Chicken Tenders
- Fresh Choices** Turkey Cranberry Wrap, Beef Taco Salad

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