



# Charles City Schools Breakfast Menu

October  
2021

Fresh fruit and vegetables offered daily!



| MONDAY                                                                                                                                                                       | TUESDAY                                                                                                                                               | WEDNESDAY                                                                                                                                                                  | THURSDAY                                                                                                                                              | FRIDAY                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                              |                                                                                                                                                       |                                                                                                                                                                            |                                                                                                                                                       | <p><b>1</b></p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p> |
| <p><b>4</b></p> <p>Breakfast Burrito</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Canned Fruit<br/>1% Milk</p>                                 | <p><b>5</b></p> <p>Sausage Breakfast Pizza</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Apple Juice<br/>1% Milk</p>     | <p><b>6</b></p> <p>Plain Long John</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>                         | <p><b>7</b></p> <p>Breakfast Sandwich</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p> | <p><b>8</b></p> <p>Mini Eggo Waffles</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>         |
| <p><b>11</b></p> <p>Banana Chocolate Loaf<br/>Cheese Stick</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>   | <p><b>12</b></p> <p>Breakfast Pizza</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>   | <p><b>13</b></p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>              | <p><b>14</b></p> <p>Mini-Cinnis</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>       | <p><b>15</b></p> <p>Breakfast Burrito</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>        |
| <p><b>18</b></p> <p>Strawberry Cream Cheese<br/>Filled Bagel</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p> | <p><b>19</b></p> <p>Mini French Toast</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p> | <p><b>20</b></p> <p>Bacon, Egg &amp; Cheese on<br/>Biscuit</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p> | <p><b>21</b></p> <p>(No School) K-12 Conferences</p>                                                                                                  | <p><b>22</b></p> <p>No School (Prof Development)</p>                                                                                                         |
| <p><b>25</b></p> <p>French Toast Loaf<br/>Cheese Stick</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Orange Juice<br/>1% Milk</p>               | <p><b>26</b></p> <p>Breakfast Flatbread</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Apple Juice<br/>1% Milk</p>        | <p><b>27</b></p> <p>Breakfast Pizza</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>                        | <p><b>28</b></p> <p>Cinnamon Roll</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fruit or Fruit Juice<br/>1% Milk</p>     | <p><b>29</b></p> <p>Vanilla Frosted Long John</p> <p>Choice of Cereal<br/>Graham Crackers</p> <p>Vegetable Selection<br/>Fresh Fruit Bar<br/>1% Milk</p>     |

**PRICES**

Breakfast and Lunch  
are FREE to 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®



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