

Charles City Middle School Lunch Menu

Fresh fruit and veggie bar offered daily!



October
2021

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

HOMECOMING Tailgate lunch

Classic Cafe Cheeseburger on Bun, Kettle Potato Chips, Baked Beans

Diner Station Hotdog on Whole Grain Bun

Fresh Choices Turkey Ham Deli Sub Sandwich, Crispy Chicken Salad



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.



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4
MONDAY

- Classic Cafe** Soft Beef Tacos, Refried Beans, Celery Sticks
- Diner Station** Chicken and Cheese Quesadilla
- Fresh Choices** Turkey Deli Sub Sandwich, Crispy Chicken Salad

5
TUESDAY

- Classic Cafe** FFA Hogs Smoked, Locally grown potatoes, Coleslaw, Apple Crisp (local apples)
- Pizza Station** Cheese Pizza

6
WEDNESDAY

- Classic Cafe** Pasta with Meat Sauce, Garlic Toast, Roasted Broccoli, Caesar Salad
- Diner Station** Crispy Chicken Nuggets
- Fresh Choices** Ham Deli Sandwich, Buffalo Chicken Salad

7
THURSDAY

- Classic Cafe** Cheesy Italian Flatbread, Roasted Cauliflower, Leafy Green Salad, Cucumber Slices
- Pizza Station** BBQ Chicken Pizza
- Fresh Choices** Crispy Chicken Wrap, Chef Salad

8
FRIDAY

- Classic Cafe** Chicken & Gravy, Mashed Potatoes, Maple Roasted Apples & Carrots
- Diner Station** Hot Ham & Cheese Sandwich
- Fresh Choices** Ham Deli Sandwich, Harvest Chicken Salad

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Classic Cafe Chicken Bacon Ranch Melt,
Steamed Corn, Caesar Salad

Diner Station BBQ Rib Sandwich

Fresh Choices Buffalo Chicken Wrap, Beef
Taco Salad

14

THURSDAY

Classic Cafe Chicken Bites with Sweet and Sour
Sauce, Brown Rice, Steamed
Vegetables, Celery Sticks, HOM Sam

Pizza Station Taco Pizza

Fresh Choices Turkey Ranch Wrap, Buffalo
Chicken Salad

12

TUESDAY

Classic Cafe Totchos, Whole Grain Dinner Roll,
Red Peppers, Romaine Lettuce,
Salsa

Pizza Station Sausage Pizza

Fresh Choices Chicken Caesar Wrap, Turkey
BLT Salad

15

FRIDAY

Classic Cafe Burger Bar, Golden French Fries,
Steamed Green Beans

Diner Station Fish Sandwich with Cheese

Fresh Choices Ham Deli Sub Sandwich, Chef
Salad

13

WEDNESDAY

Classic Cafe Sloppy Joe on a Bun, M&M Cookie,
Baked Beans, Broccoli Salad

Diner Station Spicy Chicken Patty on Bun

Fresh Choices Ham Deli Sandwich, Beef
Taco Salad

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Classic Cafe Biscuits & Gravy, Strawberry Yogurt, Tri Tater, Baby Carrots

Diner Station Crispy Chicken Sandwich

Fresh Choices Turkey Deli Sandwich, 7 Layer Salad

21

THURSDAY

K-12 Conferences (No School)

19

TUESDAY

Classic Cafe Sub Sandwich Bar, Kettle Potato Chips, Cucumber Slices

Pizza Station Sausage Pizza

Fresh Choices Chicken Caesar Wrap, Asian Chicken Salad

22

FRIDAY

Professional Development
(No School)

20

WEDNESDAY

Classic Cafe Crispy Chicken Nuggets, Whole Grain Dinner Roll, Golden French Fries, Broccoli Florets

Diner Station Grilled Cheese Sandwich

Fresh Choices Yogurt Pak with Bagel, Chicken Caesar Salad

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Classic Cafe Hamburger on a Bun, Golden French Fries, Romaine Lettuce

Diner Station Hotdog on Whole Grain Bun

Fresh Choices Honey Mustard Ham Wrap, Crispy Chicken Salad

26

TUESDAY

Classic Cafe Baked Potato Bar, Pumpkin Apple Soup topped w/ Popcorn, Broccoli Florets

Pizza Station Sausage Pizza

Fresh Choices Chicken Caesar Wrap, Chef Salad

27

WEDNESDAY

Classic Cafe Italian Meatball Sub, Baked Beans, Cherry Tomato, Leafy Green Salad

Diner Station Crispy Chicken Tenders

Fresh Choices Ham Deli Sandwich, Harvest Chicken Salad

28

THURSDAY

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

Pizza Station Pepperoni Pizza

Fresh Choices Buffalo Chicken Fajita Wrap, Turkey BLT Salad

29

FRIDAY

Classic Cafe Pizza Burger Melt, Steamed Green Beans, Leafy Green Salad

Diner Station Spicy Chicken Patty on Bun

Fresh Choices Ham Deli Sub Sandwich, Beef Taco Salad

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