



Charles City High School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

October
2021

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

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

Harvest of the Month 



Choice of white or chocolate milk available, for questions or comments please contact your FSD @ 641-257-6505 ext 2316 or email taher@charles-city.k12.ia.us

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4 MONDAY

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

5 TUESDAY

- BBQ BASH** Local Foods Display
- Classic Cafe** FFA Hogs Smoked, Locally grown potatoes, Coleslaw, Apple Crisp (local apples)
- Diner Station** Corn Dog

6 WEDNESDAY

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

7 THURSDAY

- Classic Cafe** Cheesy Italian Flatbread, Roasted Cauliflower, Leafy Green Salad, Cucumber Slices
- Diner Station** Hamburger on a Bun
- 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
- Pizza Station** Cheese Pizza
- 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
- Pizza Station** Cheese Pizza
- Fresh Choices** Buffalo Chicken Wrap, Beef Taco Salad

12

TUESDAY

- Classic Cafe** Totchos, Whole Grain Dinner Roll, Red Peppers, Romaine Lettuce, Salsa
- Diner Station** Crispy Chicken Tenders
- Pizza Station** Sausage Pizza
- Fresh Choices** Chicken Caesar Wrap, Turkey BLT Salad

13

WEDNESDAY

- Classic Cafe** Sloppy Joe on a Bun, M&M Cookie, Baked Beans, Broccoli Salad
- Diner Station** Spicy Chicken Patty on Bun
- Pizza Station** Chicken Alfredo Pizza
- Fresh Choices** Ham Deli Sandwich, Beef Taco Salad

14

THURSDAY

- Classic Cafe** Chicken Bites with Sweet and Sour Sauce, Brown Rice, Steamed Vegetables, Celery Sticks, HOM Sam
- Diner Station** Hamburger on a Bun
- Pizza Station** Taco Pizza
- Fresh Choices** Turkey Ranch Wrap, Buffalo Chicken Salad

15

FRIDAY

- Classic Cafe** Burger Bar, Golden French Fries, Steamed Green Beans
- Diner Station** Fish Sandwich with Cheese
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Ham Deli Sub Sandwich, Chef Salad

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- Classic Cafe** Biscuits & Gravy, Strawberry Yogurt, Tri Tater, Baby Carrots
- Diner Station** Crispy Chicken Sandwich
- Pizza Station** Cheese Pizza
- 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
- Diner Station** Corn Dog
- 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
- Pizza Station** Sausage Pizza
- 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
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Honey Mustard Ham Wrap, Crispy Chicken Salad

26

TUESDAY

- Classic Cafe** Baked Potato Bar, Pumpkin Apple Soup topped w/ Popcorn, Broccoli Florets
- Diner Station** Grilled Ham & Cheese Sandwich
- 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
- Pizza Station** Cheese Pizza
- Fresh Choices** Ham Deli Sandwich, Harvest Chicken Salad

28

THURSDAY

- Classic Cafe** Popcorn Chicken Bowl, Whole Grain Dinner Roll, Steamed Corn, Mashed Potatoes
- Diner Station** BBQ Rib Sandwich
- 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
- Pizza Station** BBQ Chicken Pizza
- Fresh Choices** Ham Deli Sub Sandwich, Beef Taco Salad

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