



Charles City Schools Elementary Lunch Menu

October
2021

Fresh fruit and vegetable bar offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cheese Pizza BBQ Rib Sandwich Turkey Deli Sandwich Steamed Corn
4 BBQ Chicken Sandwich Pretzel Pack Honey Mustard Ham Wrap Kettle Potato Chips Celery Sticks	5 Soft Beef Tacos Chicken and Cheese Quesadilla Crispy Chicken Salad Refried Beans Cauliflower Floret	6 National Noodle Day Spaghetti w/meat sauce Crispy Chicken Nuggets Ham Deli Sub Sandwich Garlic Toast Roasted Broccoli	7 Cheesy Italian Flatbread Yogurt Pak with Bagel Turkey Ranch Wrap Leafy Green Salad Cucumber Slices	8 Chicken & Gravy Hot Ham & Cheese Bagel Whole Grain Dinner Roll Chef Salad Mashed Potatoes Maple Roasted Apples & Carrots
11 BBQ Rib Sandwich Hamburger on a Bun Turkey Cranberry Wrap Steamed Corn Caesar Side Salad	12 Walking Taco Cheese & Pepperoni Flatbread Ham Deli Sub Sandwich Red Peppers Romaine Lettuce Salsa	13 National M&M Day Sloppy Joe on a Bun Corn Dog Beef Taco Salad Baked Beans Broccoli Florets M&M Cookie	14 Chicken Bites with Sweet and Sour Sauce Brown Rice Ham Munchable Turkey BLT Wrap Steamed Carrots Broccoli Florets	15 Cheeseburger on Bun Fish Nuggets 7 Layer Salad Golden French Fries Celery Sticks
18 Max Stix Crispy Chicken Sandwich Honey Mustard Ham Wrap Leafy Green Salad Baby Carrots	19 Chicken Bacon Ranch Melt Hotdog on Whole Grain Bun Buffalo Chicken Salad Baked Beans Cucumber Slices	20 Crispy Chicken Nuggets Whole Grain Dinner Roll Grilled Cheese Sandwich Crispy Chicken Wrap Golden French Fries Broccoli Florets	21 K-12 Conferences (No School)	22 Professional Development (No School)
25 Hamburger on a Bun Yogurt Pak with Bagel Turkey Deli Sub Sandwich Kettle Potato Chips Romaine Lettuce	26 Turkey BLT Flatbread Grilled Ham & Cheese Sandwich Caesar Side Salad Pumpkin Apple Soup topped w/ Popcorn Broccoli Florets	27 BBQ Pulled Pork Sandwich Pizza Munchable Cold Sandwich/Wrap Baked Beans Cherry Tomato	28 Crispy Chicken Tenders Whole Grain Dinner Roll BBQ Rib Sandwich Turkey BLT Wrap Steamed Corn Baby Carrots	29 Personal Pizza or Pizza Slice Ham and Cheese Flatbread Munchable Chef Salad Steamed Green Beans Celery Sticks

PRICES

Breakfast and Lunch are FREE to ALL students!

Adult Lunch \$3.95

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®