





# Charles City Schools Breakfast Menu

September  
2020

Breakfast will be served grab and go style!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Cinnamon Toast Crunch Graham Crackers  Vegetable Selection Canned Fruit 1% Milk	<b>2</b> Breakfast Burrito  Vegetable Selection Apple Juice 1% Milk	<b>3</b> Mini-Cinnis  Vegetable Selection Fresh Fruit 1% Milk	<b>4</b> Biscuit Breakfast Sandwich  Vegetable Selection Orange Juice 1% Milk
<b>7</b> Labor Day	<b>8</b> Trix Cereal Bar  Vegetable Selection Canned Fruit 1% Milk	<b>9</b> Blueberry Muffin Cheese Stick  Vegetable Selection Apple Juice 1% Milk	<b>10</b> Breakfast Sandwich  Vegetable Selection Fresh Fruit 1% Milk	<b>11</b> Strawberry Cream Cheese Filled Bagel  Vegetable Selection Orange Juice 1% Milk
<b>14</b> Cocoa Puffs Graham Crackers  Vegetable Selection Apple Juice 1% Milk	<b>15</b> Pancake on a Stick  Vegetable Selection Canned Fruit 1% Milk	<b>16</b> Banana Chocolate Loaf Cheese Stick  Vegetable Selection Apple Juice 1% Milk	<b>17</b> Fruity Cheerios Cereal Bar  Vegetable Selection Fresh Fruit 1% Milk	<b>18</b> Bacon, Egg & Cheese on English Muffin  Vegetable Selection Orange Juice 1% Milk
<b>21</b> Cinnamon Cream Cheese Filled Bagel  Vegetable Selection Fresh Fruit 1% Milk	<b>22</b> Breakfast Sandwich  Vegetable Selection Orange Juice 1% Milk	<b>23</b> Cinnamon Toast Crunch  Graham Crackers Vegetable Selection Canned Fruit 1% Milk	<b>24</b> Banana Chocolate Loaf Cheese Stick  Vegetable Selection Apple Juice 1% Milk	<b>25</b> Professional Learning Day
<b>28</b> Trix Graham Crackers  Vegetable Selection Fresh Fruit 1% Milk	<b>29</b> Banana Choc Chip Muffin Cheese Stick  Vegetable Selection Apple Juice 1% Milk	<b>30</b> Breakfast Sandwich  Vegetable Selection Orange Juice 1% Milk		
			 <p>Choose <b>MyPlate.gov</b></p>	

INFORMATION

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](mailto:taher@charles-city.k12.ia.us)

HARVEST OF



THE MONTH

Your **MENUS** plus more  
 information on our app  
 TaHER Food4Life®



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