



# Charles City High School Lunch Menu

Fruit and Vegetable Offered Daily!

September  
2020

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MONDAY

THURSDAY 3

**Classic Cafe** Crispy Chicken Tenders, Whole Grain Dinner Roll, Corn, Baby Carrots

TUESDAY 1

**Classic Cafe** Beefy Nachos w/cheese sauce, Romaine Lettuce, Cherry Tomato

FRIDAY 4

**Classic Cafe** Cheese Pizza, Roasted Cauliflower, Celery Sticks

WEDNESDAY 2

**Classic Cafe** BBQ Pulled Pork Sandwich, Baked Beans, Red Peppers

EXTRA INFO

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

Menus are subject to change without notice. This institution is an equal opportunity provider.





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7  
MONDAY

**Labor Day** No School

10  
THURSDAY

**Classic Cafe** Turkey Deli Sub Sandwich, Baby Carrots, Cucumber Slices

8  
TUESDAY

**Classic Cafe** Chicken Crispito, Tortilla Chips, Refried Beans, Romaine Lettuce

11  
FRIDAY

**Classic Cafe** Cheesy Italian Flatbread, Broccoli Florets, Red Peppers

9  
WEDNESDAY

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

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14

MONDAY

**Classic Cafe** Crispy Chicken Sandwich, Roasted Cauliflower, Romaine Lettuce

17

THURSDAY

**Classic Cafe** Soft Beef Tacos, Spicy Pinto Beans, Salsa, Romaine Lettuce

15

TUESDAY

**Classic Cafe** Pasta with Meat Sauce, Rip Stick Breadstick, Green Beans, Romaine Lettuce

18

FRIDAY

**Classic Cafe** Roast Turkey & Gravy, Whole Grain Dinner Roll, Mashed Potatoes, Steamed Carrots

16

WEDNESDAY

**Classic Cafe** Hamburger on a Bun, Baked Beans, Cucumber Slices

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21  
MONDAY

**Classic Cafe** French Toast Sticks, Sausage Patty, Breakfast Potatoes, Baby Carrots

22  
TUESDAY

**Classic Cafe** Beef Hotdog on a Bun, Baked Beans, Celery Sticks

23  
WEDNESDAY

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

24  
THURSDAY

**Classic Cafe** Ham Deli Sub Sandwich, Romaine Lettuce, Cherry Tomato

25  
FRIDAY

**Professional Development** No School

EXTRA INFO



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28

MONDAY

**Classic Cafe** Corn Dog, Golden French Fries, Celery Sticks

THURSDAY

29

TUESDAY

**Classic Cafe** BBQ Rib Sandwich, Corn, Caesar Side Salad

FRIDAY

30

WEDNESDAY

**Classic Cafe** Sloppy Joe on a Bun, Baked Beans, Broccoli Florets

EXTRA INFO

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