



Charles City Schools Breakfast Menu

September
2022

Fresh fruit and vegetables offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cinnamon Roll Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	2 Breakfast Banana Split Yogurt Parfait Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
5 Labor Day- No School	6 Chocolate Chip Muffin Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	7 Plain Long John Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	8 Breakfast Flatbread Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	9 Mini Eggo Waffles Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
12 Cheesy Ham Melt Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	13 Blueberry Loaf Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	14 Breakfast Pizza Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	15 Mini-Cinnis Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	16 Breakfast Sandwich Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
19 Strawberry Cream Cheese Filled Bagel Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	20 Banana Chocolate Loaf Cheese Stick Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	21 Plain Bagel Cream Cheese Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	22 Bacon, Egg & Cheese on Bagel Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	23 Biscuits & Gravy Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk
26 Professional Learning- No School	27 Mini Pancakes Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	28 Sausage Breakfast Pizza Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	29 Cinnamon Roll Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk	30 Breakfast Banana Split Yogurt Parfait Choice of Cereal Graham Crackers Vegetable Selection Fruit or Juice Selection 1% Milk

PRICES

Regular Breakfast	\$1.50
Reduced	\$0.30
Adult	\$2.00

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®



www.taher.com