



# Charles City High School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

September  
2022

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY 1

FRIDAY 2

EXTRA INFO

**Classic Cafe** Chicken Bites w/ Sweet & Sour Sauce, Brown Rice, Stir Fry Vegetable

**Diner Station** Grilled Ham & Cheese Sandwich

**Pizza Station** Sausage Pizza

**Fresh Choices** Turkey Deli Sandwich, Buffalo Chicken Salad

**Classic Cafe** Baja Fish Tacos, Sweet Potato Fries

**Diner Station** Spicy Chicken Patty on Bun

**Pizza Station** Cheese Pizza

**Fresh Choices** Turkey Ranch Wrap, 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](mailto:taher@charles-city.k12.ia.us)

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5  
MONDAY

Labor Day-No School

8  
THURSDAY

**Classic Cafe** Ham & Tater Tot Breakfast Bake,  
Cinnamon Roll, Roasted Cauliflower

**Diner Station** BBQ Rib Sandwich

**Pizza Station** Sausage Pizza

**Fresh Choices** Buffalo Chicken Wrap, Turkey  
BLT Salad

6  
TUESDAY

**Classic Cafe** Crispy Chicken Nuggets, Whole  
Grain Dinner Roll, Baked Beans,  
Cherry Tomato

**Diner Station** Beef Hotdog on a Bun

**Pizza Station** Cheese Pizza

**Fresh Choices** Ham Deli Sandwich, 7 Layer  
Salad

9  
FRIDAY

**Classic Cafe** Italian Meatball Sub, Caesar Salad,  
Steamed Green Beans

**Diner Station** Crispy Chicken Tenders, Whole  
Grain Dinner Roll

**Pizza Station** Chicken Alfredo Pizza

**Fresh Choices** Turkey BLT Wrap, Harvest  
Chicken Salad

7  
WEDNESDAY

**Classic Cafe** Sub Sandwich Bar, Tater Tots,  
Broccoli Salad

**Diner Station** Crispy Chicken Sandwich

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Pretzel Bites Yogurt Pak Munchable,  
Chicken Taco Salad

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12

MONDAY

- Classic Cafe** Burger Bar, Golden French Fries, Romaine Lettuce
- Diner Station** Corn Dog
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Turkey Deli Sub Sandwich, Chicken Caesar Salad

15

THURSDAY

- Classic Cafe** BBQ Chicken Sandwich, Cucumber Ranch Salad, Steamed Corn
- Diner Station** Cheeseburger on a Bun
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Ham Deli Sub Sandwich, Crispy Chicken Salad

13

TUESDAY

- Classic Cafe** Cheesy Italian Flatbread, Steamed Broccoli, Red/Orange Bell Pepper
- Diner Station** Fish Sandwich with Cheese
- Pizza Station** Sausage Pizza
- Fresh Choices** Chicken Caesar Wrap, Cravin Craisin Salad

16

FRIDAY

- Classic Cafe** Soft Beef Tacos, Roasted Cauliflower, Romaine Lettuce, Salsa
- Diner Station** Buffalo Chicken Dip, Tortilla Chips
- Pizza Station** Cheese Pizza
- Fresh Choices** Crispy Chicken Wrap, 7 Layer Salad

14

WEDNESDAY

- Classic Cafe** Pizza Burger Melt, Calico Bean Bake, Cherry Tomato, Chocolate Chip Cookie
- Diner Station** Crispy Chicken Tenders, Whole Grain Dinner Roll
- Pizza Station** Cheese Pizza
- Fresh Choices** WG Chips, Salsa & Cheese Cubes, Chef Salad

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19

MONDAY

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

**Diner Station** Grilled Cheese Sandwich

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Yogurt Pak with Bagel, Turkey BLT Salad

22

THURSDAY

**Classic Cafe** \*FFA Pork, Kettle Potato Chips, Baked Beans, Coleslaw, Apple Crisp

**Diner Station** Hamburger on a Bun

**Fresh Choices** Turkey Deli Sub Sandwich, 7 Layer Salad

20

TUESDAY

**Classic Cafe** Chicken Fajitas, Pineapple Radish Pico, Black Beans, Salsa, Romaine Lettuce

**Diner Station** BBQ Rib Sandwich

**Pizza Station** Sausage Pizza

**Fresh Choices** Turkey Ranch Wrap, Beef Taco Salad

23

FRIDAY

**Classic Cafe** Chicken Bacon Ranch Melt, Maple Roasted Apples & Carrots, Broccoli Salad

**Diner Station** Grilled Ham & Cheese Sandwich

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Buffalo Chicken Wrap, Chef Salad

21

WEDNESDAY

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

**Diner Station** Fish Nuggets, Whole Grain Dinner Roll

**Pizza Station** Cheese Pizza

**Fresh Choices** Turkey Ham Deli Sandwich, Chicken Caesar Salad

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26

MONDAY

Professional Learning-No  
School

29

THURSDAY

**Classic Cafe** Beefy Nachos w/Cheese Sauce,  
Refried Beans, Spring Corn Salad,  
Salsa

**Diner Station** Chicken and Cheese  
Quesadilla

**Pizza Station** Sausage Pizza

**Fresh Choices** Turkey Cranberry Wrap,  
Crispy Chicken Salad

27

TUESDAY

**Classic Cafe** Grilled Cheese Sandwich, \*Tomato  
Basil Soup, Roasted Cauliflower,  
Caesar Salad

**Diner Station** Turkey BLT Flatbread

**Pizza Station** Chicken Alfredo Pizza

**Fresh Choices** Honey Mustard Ham Wrap,  
Turkey BLT Salad

30

FRIDAY

**Classic Cafe** Chicken & Gravy, Mashed Potatoes,  
Whole Grain Dinner Roll, Green  
Beans, Homemade Brownie

**Diner Station** Beef Hotdog on a Bun

**Pizza Station** Cheese Pizza

**Fresh Choices** Ham Deli Sub Sandwich,  
Buffalo Chicken Salad

28

WEDNESDAY

**Classic Cafe** Pasta with Meat Sauce, Garlic  
Toast, Garden Salad, Cucumber  
Slices

**Diner Station** Crispy Chicken Sandwich

**Pizza Station** Cheese Pizza

**Fresh Choices** Turkey Deli Sandwich,  
Harvest Chicken Salad

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