



Charles City Schools Elementary Lunch Menu

September
2022

Fresh fruit and veggie bar served daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Bites w/ Sweet & Sour Sauce Brown Rice Sloppy Joe on a Bun Yogurt Pak with Bagel Stir Fry Vegetable Cauliflower Floret	2 Cheeseburger on a Bun Corn Dog Crispy Chicken Wrap Sweet Potato Fries Cucumber Slices
5 Labor Day- No School	6 Crispy Chicken Nuggets Whole Grain Dinner Roll Fish Sandwich with Cheese Chef Salad Baked Beans Cherry Tomato	7 Beef Hotdog on a Bun Crispy Chicken Sandwich Turkey Deli Sandwich Tater Tots Broccoli Salad	8 Ham & Tater Tot Breakfast Bake Cinnamon Roll Breakfast Sandwich Pizza Munchable Roasted Cauliflower Caesar Side Salad	9 Sausage Pizza Hot Ham & Cheese Bagel 7 Layer Salad Steamed Green Beans Celery Sticks
12 Crispy Chicken Sandwich Fish Nuggets Whole Grain Dinner Roll Turkey Ranch Wrap Golden French Fries Romaine Lettuce	13 Cheesy Italian Flatbread Italian Meatball Sub Ham and Cheese Flatbread Munchable Steamed Broccoli Red Peppers	14 Crispy Chicken Tenders Whole Grain Dinner Roll Pizza Burger Melt Beef Taco Salad Steamed Corn Cherry Tomato	15 *FFA Pulled Pork Sandwich Corn Dog Ham Deli Sub Sandwich Baked Beans Coleslaw Apple Crisp	16 Pepperoni Pizza Hot Turkey & Cheese Sandwich Ham Wrap Roasted Cauliflower Celery Sticks
19 French Toast Sticks Sausage Patty Grilled Cheese Sandwich Pretzel Bites & Cheese Munchable Tri Tater Celery Sticks	20 Soft Beef Tacos Chicken and Cheese Quesadilla Crispy Chicken Salad Refried Beans Romaine Lettuce Salsa	21 Popcorn Chicken Whole Grain Dinner Roll BBQ Rib Sandwich Turkey Ham Deli Sandwich Mashed Potatoes Steamed Corn	22 Sub Sandwich Bar Beef Hotdog on a Bun Crispy Chicken Wrap Munchable Kettle Potato Chips Cucumber Ranch Salad M&M Cookie	23 Chicken Bacon Ranch Melt Grilled Ham & Cheese Sandwich Chef Salad Maple Roasted Apples & Carrots Broccoli Florets
26 Professional Learning- No School	27 Grilled Cheese Sandwich tomato basil soup Turkey BLT Flatbread Ham and Cheese Flatbread Munchable Roasted Cauliflower Caesar Side Salad	28 Pasta with Meat Sauce Rip Stick Breadstick BBQ Chicken Sandwich Pizza Munchable Garden Salad Cucumber Slices	29 Beefy Nachos w/Cheese Sauce Chicken and Cheese Quesadilla Yogurt Pak with Bagel Refried Beans Spring Corn Salad Salsa	30 Chicken & Gravy Mashed Potatoes Crispy Chicken Tenders Beef Taco Salad Whole Grain Dinner Roll Green Beans Homemade Brownie

PRICES

Regular Lunch	\$2.70
Reduced Lunch	\$0.40
Adult Lunch	4.20

EXTRA INFO

Milk Choice of 1% white or FF Chocolate.
For questions/comments please contact your FSD at charles-city.k12.ia.us

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHer Food4Life®



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