



Don't forget to eat your veggies!

# Charles City High School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

## May 2019

MONDAY

TUESDAY

WEDNESDAY 1

- Classic Cafe** Burger Bar, Calico Bean Bake
- Diner Station** Corn Dog
- Pizza Station** Sausage Pizza
- Fresh Choices** Chef Salad, Buffalo Chicken Wrap

2  
THURSDAY

3  
FRIDAY

EXTRA INFO

- Classic Cafe** Mexican Street Tacos, \*\*Chef Concept\*\*, Lettuce, Tomato, Cheese, Mexican Street Corn
- Diner Station** BBQ Rib Sandwich
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

- Classic Cafe** Ham & Tator Tot Breakfast Bake, Cinnamon Roll
- Diner Station** Ham & Cheese on a Bagel
- Pizza Station** Cheese Pizza
- Fresh Choices** Southwest Chicken Salad, Yogurt Pak with Bagel

### 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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### 6 MONDAY

- Classic Cafe** National Raisin Week, Chicken Bacon Ranch Melt, Broccoli Raisin Salad
- Diner Station** BBQ Rib Sandwich
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Cravin Craisin Salad, Honey Mustard Ham Wrap

### 7 TUESDAY

- Classic Cafe** BBQ Pulled Pork on Pretzel Bun, Coleslaw
- Diner Station** Spicy Chicken Patty on Bun
- Pizza Station** Cheese Pizza
- Fresh Choices** 7 Layer Salad, Ham Deli Sub Sandwich

### 8 WEDNESDAY

- Classic Cafe** Pizza Bake, Roasted Cauliflower
- Diner Station** Fish Sandwich with Cheese
- Pizza Station** Sausage Pizza
- Fresh Choices** Fruited Spinach Salad, Buffalo Chicken Wrap

### 9 THURSDAY

- Classic Cafe** Biscuits & Gravy, Breakfast Potatoes
- Diner Station** French Toast Sticks
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Asian Chicken Salad, Turkey Deli Sub Sandwich

### 10 FRIDAY

- Classic Cafe** BBQ Chicken on Ciabatta, Golden French Fries, Rhubarb Muffin Square, HOM Rhubarb
- Diner Station** Roasted Hot Dog on a Bun
- Pizza Station** Cheese Pizza
- Fresh Choices** Crispy Chicken Salad, Turkey BLT Wrap

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13

MONDAY

- Classic Cafe** Sweet n Sour Chicken Bites, Brown Rice, Whole Grain Dinner Roll
- Diner Station** Grilled Ham & Cheese Sandwich
- Pizza Station** Sausage Pizza
- Fresh Choices** 7 Layer Salad, WG Chips, Salsa & Cheese Cubes

14

TUESDAY

- Classic Cafe** Crispito, Chips & Salsa
- Diner Station** Chicken and Cheese Quesadilla
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Turkey BLT Salad, Ham Deli Sub Sandwich

15

WEDNESDAY

- Classic Cafe** Salisbury Steak, Mashed Potatoes, Gravy, Whole Grain Dinner Roll, Roasted Asparagus
- Diner Station** Crispy Chicken Tenders
- Pizza Station** Cheese Pizza
- Fresh Choices** Chef Salad, Egg & Chicken Salad Slider Combo

16

THURSDAY

- Classic Cafe** Sub Sandwich Bar, Kettle Potato Chips, Chocolate Chip Cookie
- Diner Station** Roasted Hot Dog on a Bun
- Pizza Station** Sausage Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

17

FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Lettuce Romaine Mix
- Diner Station** Spicy Chicken Patty on Bun
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Chicken Waldorf Salad, Ham Deli Sub Sandwich

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20

MONDAY

**Classic Cafe** Chicken Parmesan w/Pasta, Garlic & Herb Broccoli

**Diner Station** BBQ Rib Sandwich

**Pizza Station** Sausage Pizza

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

23

THURSDAY

**Classic Cafe** Italian Meatball Sub, Roasted Broccoli, Homemade Brownie

**Diner Station** Fish Sandwich with Cheese

**Pizza Station** Cheese Pizza

**Fresh Choices** Chicken Waldorf Salad, Ham Deli Sandwich

21

TUESDAY

**Classic Cafe** Walking Taco, Mexican Corn

**Diner Station** Chicken and Cheese Quesadilla

**Pizza Station** Cheese Pizza

**Fresh Choices** Buffalo Chicken Salad, Egg & Chicken Salad Slider Combo

24

FRIDAY

**Classic Cafe** Chicken Alfredo Pizza, HOM Thyme, Roasted Italian Vegetables

**Diner Station** Grilled Cheese Sandwich

**Pizza Station** Cheese Pizza

**Fresh Choices** Chicken Caesar Salad, Yogurt Pak with Pretzel Bites

22

WEDNESDAY

**Classic Cafe** Chicken & Gravy, Mashed Potatoes, Whole Grain Dinner Roll

**Diner Station** Crispy Chicken Sandwich

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Chef Salad, Pretzel Bites w/Cheese Cubes

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## May 2019

27

MONDAY

**Classic Cafe** Memorial Day

28

TUESDAY

**Classic Cafe** Turkey BLT Flatbread, Seasoned Ranch Wedges

**Diner Station** Corn Dog

**Pizza Station** Cheese Pizza

**Fresh Choices** 7 Layer Salad, Crispy Chicken Wrap

29

WEDNESDAY

**Classic Cafe** Pigs in a Blanket, Baked Beans, M&M Cookie

**Diner Station** Crispy Chicken Tenders

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Fruited Spinach Salad, Turkey Ranch Wrap

30

THURSDAY

**Classic Cafe** Pancakes, Strawberry Topping, Hard Boiled Egg, Breakfast Potatoes

**Diner Station** Breakfast Sandwich

**Pizza Station** Sausage Pizza

**Fresh Choices** Chef Salad, Turkey Deli Sub Sandwich

31

FRIDAY

**Classic Cafe** Chicken Fried Rice, Stir Fry Vegetable, Rip Stick Breadstick

**Diner Station** Cheeseburger on Bun

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Crispy Chicken Salad, Honey Mustard Ham Wrap

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