



Don't forget to eat your
veggies!

Charles City Middle School Lunch Menu

Fresh fruit and veggie bar offered daily!

May 2019

MONDAY

TUESDAY

WEDNESDAY

1

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

2

THURSDAY

- Classic Cafe** Mexican Street Tacos, Lettuce, Tomato, Cheese, Mexican Street Corn
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

3

FRIDAY

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

EXTRA INFO

Harvest of the Month



Milk choice of white or chocolate available, for questions/comments please contact your FSD @ 641-257-6505 ex 2316 or email taher@charles-city.k12.ia.us

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





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6 MONDAY

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

9 THURSDAY

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

7 TUESDAY

- Classic Cafe** BBQ Pulled Pork on Pretzel Bun, Coleslaw
- Pizza Station** Cheese Pizza
- Fresh Choices** 7 Layer Salad, Ham 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
- Fresh Choices** Crispy Chicken Salad, Turkey BLT Wrap

8 WEDNESDAY

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

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13

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

16

THURSDAY

- Classic Cafe** Sub Sandwich Bar, Kettle Potato Chips, Chocolate Chip Cookie
- Pizza Station** Sausage Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

14

TUESDAY

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

17

FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Lettuce Romaine Mix
- Diner Station** Spicy Chicken Patty on Bun
- Fresh Choices** Chicken Waldorf 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
- Fresh Choices** Chef Salad, Egg & Chicken Salad Slider Combo

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- Classic Cafe** Chicken Parmesan w/Pasta, Garlic & Herb Broccoli
- Diner Station** BBQ Rib Sandwich
- Fresh choices** Harvest Chicken Salad, Turkey BLT Wrap

23

THURSDAY

- Classic Cafe** Italian Meatball Sub, Roasted Broccoli, Homemade Brownie
- Pizza Station** Cheese Pizza
- Fresh Choices** Chicken Waldorf Salad, Ham Deli Sandwich

21

TUESDAY

- Classic Cafe** Walking Taco, Mexican Corn
- 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
- 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
- Fresh Choices** Chef Salad, Pretzel Bites w/Cheese Cubes

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27

MONDAY

Classic Cafe Memorial Day

30

THURSDAY

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

Pizza Station Sausage Pizza

Fresh Choices Chef Salad, Turkey Deli Sub Sandwich

28

TUESDAY

Classic Cafe Turkey BLT Flatbread, Seasoned Ranch Wedges

Pizza Station Cheese Pizza

Fresh Choices 7 Layer Salad, Crispy Chicken Wrap

31

FRIDAY

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

Diner Station Cheeseburger on Bun

Fresh Choices Crispy Chicken Salad, Honey Mustard Ham Wrap

29

WEDNESDAY

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

Diner Station Crispy Chicken Tenders

Fresh Choices Fruited Spinach Salad, Turkey Ranch Wrap

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