



Charles City Elementary

September
2019

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No School	3 Roasted Hot Dog on a Bun Hamburger on a Bun Turkey BLT Salad Tator Tots	4 Pulled Pork Sandwich Crispy Chicken Sandwich Chef Salad Calico Bean Bake Chocolate Chip Cookie	5 Nat'l Cheese Pizza Day Cheese Pizza Italian Turkey Panini Beef Taco Salad Roasted Cauliflower	6 HOM: Cilantro Soft Beef Tacos Pico de Gallo Yogurt Pak with Bagel Ham Deli Sandwich Corn
9 Crispy Chicken Tenders Whole Grain Dinner Roll Italian Meatball Sub Turkey BLT Wrap Mashed Potatoes	10 HOM: Nectarine Cheesy Italian Flatbread Corn Dog Buffalo Chicken Salad Berry Kale Salad Nectarine	11 BBQ Chicken Sandwich Pretzel Bites w/Cheese Cubes Chef Salad Baked Beans Birthday Cake	12 Crispito Chicken and Cheese Quesadilla Turkey Deli Sandwich chips and salsa	13 Cheeseburger on Bun Fish Sandwich with Cheese Chicken Caesar Salad Golden French Fries
16 Cheese & Pepperoni Flatbread Grilled Cheese Sandwich Chicken Caesar Wrap Seasoned Ranch Wedges	17 HOM Jalapenos Beefy Nachos w/cheese sauce Chicken Bacon Ranch Melt 7 Layer Salad Refried Beans	18 Cheeseburger Day All American Cheeseburger Basket Hot Dog Basket Fruited Spinach Salad Kettle Potato Chips	19 Prof Learning Day No School	20 Crispy Chicken Sandwich Pizza Munchable Crispy Chicken Salad Green Beans Mini Rice Krispie Treat
23 Cheese Bread Hot Ham & Cheese Flatbread WG Chips, Salsa & Cheese Cubes Italian Pasta Salad	24 Crispy Chicken Nuggets Fish Nuggets Ham Deli Sub Sandwich Whole Grain Dinner Roll Baked Beans	25 Roast Turkey & Gravy Salisbury Steak Chef Salad Mashed Potatoes Gravy Whole Grain Dinner Roll	26 National Pancake Day Pancakes Biscuits & Gravy Turkey Cranberry Wrap Breakfast Potatoes Easy Egg Bake	27 Walking Taco Chicken Fajitas Yogurt Pak with Pretzel Bites Roasted Corn Churro Half
30 Corn Dog Italian Turkey Panini Turkey BLT Wrap Calico Bean Bake				 ChooseMyPlate.gov

PRICES	regular	\$2.70
	reduced	\$0.40
	adult	\$3.85

EXTRA INFO Milk choice of white or chocolate available. For questions/ comments please contact your FSD at 641-257-6505 or email taher@charles-city.k12.ia.us



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