



# Charles City Schools Elementary Lunch Menu

October  
2019

Fresh fruit and vegetable bar offered daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ChooseMyPlate.gov</p>	<b>1</b> World Vegetarian Day Grilled Cheese Sandwich Hot Ham & Cheese Flatbread Buffalo Chicken Salad Tomato Soup	<b>2</b> Cheese Pizza Ham, Egg & Cheese on Biscuit Chef Salad Garden Salad	<b>3</b> Walking Taco BBQ Pulled Pork Sandwich Turkey Deli Sandwich Corn	<b>4</b> Roast Turkey Whole Grain Dinner Roll Yogurt Pak with Bagel Buffalo Chicken Salad Mashed Potatoes Gravy M&M Cookie
	<b>7</b> Pancakes Biscuits & Gravy Chicken Caesar Wrap Easy Egg Bake Tri Tater	<b>8</b> No School (Professional Learning Day)	<b>9</b> National Sub Day Turkey Deli Sub Sandwich Pizza Munchable Fruited Spinach Salad Italian Pasta Salad	<b>10</b> French Bread Pizza Hot Ham & Cheese Flatbread Turkey Deli Sandwich Roasted Cauliflower Birthday Cake
<b>14</b> Nat'l School Lunch Week Homemade Chili Cornbread Roasted Hot Dog with Chili Chef Salad Seasoned Ranch Wedges Rice Krispie Treat	<b>15</b> HOM Turnip Crispy Chicken Tenders Soft Pan Roll Salisbury Steak Sandwich Turkey BLT Salad Mashed Potatoes with Turnip Gravy	<b>16</b> Beefy Nachos & Homemade Cheese Sauce Chicken Bacon Ranch Melt Chef Salad Refried Beans	<b>17</b> National Pasta Day Pasta with Meat Sauce French Bread Macaroni & Cheese - Entree Beef Taco Salad Sicilian Tomato Salad	<b>18</b> Pizza Dipper with Marinara Yogurt Pak with Bagel Honey Mustard Ham Wrap Garden Salad
<b>21</b> French Toast Sticks Grandma's Apple Pie Smoothie Breakfast Bake Turkey BLT Wrap Breakfast Potatoes	<b>22</b> Chicken Crispito Tortilla Chips Chicken and Cheese Quesadilla Buffalo Chicken Salad Corn	<b>23</b> The "Mac" Flatbread Pizza Munchable Turkey Ranch Wrap Roasted Broccoli	<b>24</b> Chicken Nugget Basket Soft Pan Roll All American Burger Basket Turkey Deli Sandwich Golden French Fries	<b>25</b> HOM Mace Pork Roast Gravy BBQ Rib Sandwich Chicken Caesar Salad Mashed Potatoes Apple Crisp
<b>28</b> No School (K-12 Conferences)	<b>29</b> Lasagna Rollup with Sauce Garlic Toast Crispy Chicken Sandwich 7 Layer Salad Caesar Side Salad Homemade Brownie	<b>30</b> Soft Beef Tacos Tex Mex Bowl Fruited Spinach Salad Spicy Pinto Beans	<b>31</b> Halloween Skeleton Leg R.I.P. Stick "Frank"enstein in a Blanket Ham Deli Sub Sandwich Vampire Garlic Mash Potato Halloween Cookie	

<b>PRICES</b>	Regular	\$2.70
	Reduced	\$0.40
	Adult	\$3.85
<b>EXTRA INFO</b>	Milk choice of 1% or ff chocolate available.	
	For questions/comments, please contact your FSD	

at 641-257-6505 ext 2316 or  
email [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)



Your MENUS plus more information on our app  
Taher Food4Life®

[www.taher.com](http://www.taher.com)