



Charles City Schools Elementary Lunch Menu

November
2020

Fresh fruit and vegetables offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hamburger on a Bun</p> <p>Golden French Fries Romaine Lettuce</p>	<p>3</p> <p>Macaroni & Cheese</p> <p>Roasted Broccoli Red Peppers</p>	<p>4</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Beans Cherry Tomato</p>	<p>5</p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Steamed Corn Baby Carrots</p>	<p>6</p> <p>Cheese Pizza</p> <p>Roasted Cauliflower Celery Sticks</p>
<p>9</p> <p>No School-Professional Development</p>	<p>10</p> <p>Crispito chips and salsa</p> <p>Refried Beans Romaine Lettuce</p>	<p>11</p> <p>Popcorn Chicken Whole Grain Dinner Roll</p> <p>Mashed Potatoes Gravy Steamed Corn</p>	<p>12</p> <p>Turkey Deli Sub Sandwich</p> <p>Baby Carrots Romaine Lettuce</p>	<p>13</p> <p>Cheesy Italian Flatbread</p> <p>Broccoli Florets Red Peppers</p>
<p>16</p> <p>Crispy Chicken Sandwich</p> <p>Roasted Cauliflower Romaine Lettuce</p>	<p>17</p> <p>Pasta with Meat Sauce Rip Stick Breadstick</p> <p>Green Beans Romaine Lettuce</p>	<p>18</p> <p>Toasted Cheese Sandwich Homemade Tomato Soup</p> <p>Cucumber Slices</p>	<p>19</p> <p>Beefy Nachos w/Homemade Cheese Sauce</p> <p>Spicy Pinto Beans Salsa</p>	<p>20</p> <p>Roast Turkey & Gravy Whole Grain Dinner Roll</p> <p>Mashed Potatoes Glazed Carrots</p>
<p>23</p> <p>French Toast Sticks Sausage Patty</p> <p>Breakfast Potatoes Baby Carrots</p>	<p>24</p> <p>Beef Hotdog on a Bun</p> <p>Baked Beans Celery Sticks</p>	<p>25</p> <p>Thanksgiving Break</p>	<p>26</p> <p>Thanksgiving Break</p>	<p>27</p> <p>Thanksgiving Break</p>
<p>30</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Golden French Fries Broccoli Florets</p>				 <p>Choose MyPlate.gov</p>

INFORMATION

Lunch and Breakfast are FREE to all students!!

EXTRA INFO

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

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



www.taher.com