



Don't forget to eat your veggies!

# Charles City Middle School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

## February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

**Classic Cafe** Sweet n Sour Chicken Bites, Brown Rice, Whole Grain Dinner Roll

**Diner Station** Hamburger on a Bun

**Fresh Choices** Chicken Caesar Salad, WG Chips, Salsa & Cheese Cubes

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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## February 2019

4  
MONDAY

- Classic Cafe** Chicken Parmesan w/Pasta, Garlic Toast, Caesar Salad
- Diner Station** Fish Sandwich with Cheese
- Pizza Station** Sausage Pizza
- Fresh Choices** Buffalo Chicken Salad, Yogurt Pak with Bagel

7  
THURSDAY

- Classic Cafe** Roast Pork & Gravy, Mashed Potatoes, Cornbread
- Pizza Station** Taco Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

5  
TUESDAY

- Classic Cafe** Build Your Own Baked Potato, French Bread, Homemade Brownie
- Pizza Station** Cheese Pizza
- Fresh Choices** Turkey BLT Salad, Ham Deli Sub Sandwich

8  
FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Roasted Broccoli
- Diner Station** BBQ Rib Sandwich
- Pizza Station** Sausage & Pepperoni Pizza
- Fresh Choices** Southwest Chicken Salad, Yogurt Pak with Pretzel Bites

6  
WEDNESDAY

- Classic Cafe** Walking Taco, Spicy Pinto Beans
- Diner Station** Corn Dog
- Fresh Choices** Chef Salad, Turkey Ranch Wrap

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11

MONDAY

- Classic Cafe** Ham, Egg & Cheese on Bagel, Tator Tots
- Diner Station** BBQ Rib Sandwich
- Pizza Station** Cheese Pizza
- Fresh Choices** Cravin Craisin Salad, Chicken Caesar Wrap

14

THURSDAY

- Classic Cafe** Sweet Heart Salisbury Steak, Be Mine Mashed Potatoes, Gravy, Whole Grain Dinner Roll, Treat
- Diner Station** Crispy Chicken Tenders
- Pizza Station** Sausage Pizza
- Fresh Choices** Chef Salad, Turkey Deli Sub Sandwich

12

TUESDAY

- Classic Cafe** Sloppy Joe on a Bun, Macaroni & Cheese
- Diner Station** Corn Dog
- Pizza Station** Pepperoni Pizza
- Fresh Choices** 7 Layer Salad, Crispy Chicken Wrap

15

FRIDAY

- Classic Cafe** Beefy Nachos & Canned Cheese Sauce, Mexican Street Corn
- Diner Station** Chicken and Cheese Quesadilla
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Crispy Chicken Salad, Pretzel Pack

13

WEDNESDAY

- Classic Cafe** Pulled Pork Sandwich, Coleslaw
- Diner Station** Grilled Ham & Cheese Sandwich
- Pizza Station** Cheese Pizza
- Fresh Choices** Fruited Spinach Salad, Turkey Munchable

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18

MONDAY

**Classic Cafe** No School/Professional Learning Day

21

THURSDAY

**Classic Cafe** Philly Flatbread, Calico Bean Bake

**Diner Station** Spicy Chicken Patty on Bun

**Pizza Station** Cheese Pizza

**Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

19

TUESDAY

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

**Diner Station** Biscuits & Gravy

**Pizza Station** Cheese Pizza

**Fresh Choices** Turkey BLT Salad, Ham Deli Sub Sandwich

22

FRIDAY

**Classic Cafe** Chicken Alfredo w/Pasta, Green Beans, Garlic Toast

**Diner Station** Fish Sandwich with Cheese

**Pizza Station** Sausage Pizza

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

20

WEDNESDAY

**Classic Cafe** French Bread Pizza, Roasted Cauliflower, Pumpkin Apple Muffin

**Diner Station** Hamburger on a Bun

**Pizza Station** Pepperoni Pizza

**Fresh Choices** Chef Salad, Buffalo Chicken Wrap

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## February 2019

25

MONDAY

- Classic Cafe** Beef Chili, Tortilla Chips, Seasoned Ranch Wedges
- Diner Station** Salisbury Steak Sandwich
- Pizza Station** Cheese Pizza
- Fresh Choices** Chicken Caesar Salad, WG Chips, Salsa & Cheese Cubes

28

THURSDAY

- Classic Cafe** Walking Taco, Refried Beans
- Diner Station** Chicken and Cheese Quesadilla
- Pizza Station** Cheese Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

26

TUESDAY

- Classic Cafe** Chicken Philly Sandwich, Kettle Potato Chips
- Diner Station** Roasted Hot Dog on a Bun
- Pizza Station** Pepperoni Pizza
- Fresh Choices** Turkey BLT Salad, Ham Deli Sub Sandwich

1

FRIDAY

27

WEDNESDAY

- Classic Cafe** Chicken Parmesan w/Pasta, Garden Salad
- Diner Station** Salisbury Steak Sandwich
- Pizza Station** Sausage Pizza
- Fresh Choices** Chef Salad, Turkey BLT Wrap

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