



Don't forget to eat your  
veggies!

# Charles City Middle School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

## January 2019

MONDAY

3  
THURSDAY

**Classic Cafe** Hamburger on a Bun, Grapefruit  
Orange Coleslaw

**Pizza Station** Cheese Pizza

**Fresh Choices** Buffalo Chicken Salad, Turkey Deli  
Sub Sandwich

1

**No School** Happy New Year!

4

**Classic Cafe** Roast Pork & Gravy, Mashed  
Potatoes, Whole Grain Dinner Roll

**Diner Station** Salisbury Steak Sandwich

**Fresh Choices** Crispy Chicken Salad, Honey  
Mustard Ham Wrap

TUESDAY

FRIDAY

2

**No School** Professional Learning Day

EXTRA INFO

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)*

Menus are subject to change without  
notice. This institution is an equal  
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7  
MONDAY

**Classic Cafe** Biscuits & Gravy, Scrambled Egg, Breakfast Potato Casserole

**Diner Station** French Toast Sticks

**Fresh Choices** Caesar Salad, Yogurt Pak with Bagel

10  
THURSDAY

**Classic Cafe** Crispito, Chips and Salsa

**Pizza Station** Sausage Pizza

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

8  
TUESDAY

**Classic Cafe** Sloppy Joe on a Bun, Calico Bean Bake

**Pizza Station** Cheese Pizza

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

11  
FRIDAY

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

**Diner Station** Crispy Chicken Tenders

**Fresh Choices** Southwest Chicken Salad, Yogurt Pak with Bagel

9  
WEDNESDAY

**Classic Cafe** Italian Meatball Sub, Kettle Potato Chips

**Diner Station** Cheeseburger on Bun

**Fresh Choices** Chef Salad, Turkey Ranch Wrap

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14

MONDAY

**Classic Cafe** Philly Flatbread, Tomato Soup

**Diner Station** Grilled Cheese Sandwich

**Fresh Choices** Harvest Chicken Salad, Turkey BLT Wrap

17

THURSDAY

**Classic Cafe** Beefy Nachos with Cheese, Corn

**Pizza Station** Sausage Pizza

**Fresh Choices** Chicken Waldorf Salad, Pretzel Bites w/Cheese Cubes

15

TUESDAY

**Classic Cafe** Beef Chili, Cornbread, Seasoned Ranch Wedges

**Pizza Station** Sausage Pizza

**Fresh Choices** Buffalo Chicken Salad, Egg & Chicken Salad Slider Combo

18

FRIDAY

**No School** Teacher Work Day

16

WEDNESDAY

**Classic Cafe** Cheesy Italian Flatbread, Garden Salad

**Diner Station** Hot Ham and Cheese Panini

**Fresh Choices** Chef Salad, Pretzel Bites w/Cheese Cubes

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21

MONDAY

**MLK Day** No School/ Make-Up Day

24

THURSDAY

**Classic Cafe** Pasta with Meat Sauce, French Bread, Caesar Salad

**Pizza Station** Cheese Pizza

**Fresh Choices** Buffalo Chicken Salad, Turkey Deli Sub Sandwich

22

TUESDAY

**Classic Cafe** Beef Stroganoff, Whole Grain Dinner Roll, Garlic & Herb Broccoli

**Pizza Station** Cheese Pizza

**Fresh Choices** 7 Layer Salad, Crispy Chicken Wrap

25

FRIDAY

**Classic Cafe** Chicken Bacon Ranch Melt, Mediterranean Soup

**Diner Station** Grilled Cheese Sandwich

**Fresh Choices** Crispy Chicken Salad, Honey Mustard Ham Wrap

23

WEDNESDAY

**Classic Cafe** Beef or Chicken Tacos, Lettuce, Tomato, Cheese, Mexican Brown Rice, Mini Rice Krispie Treat

**Diner Station** Chicken and Cheese Quesadilla

**Fresh Choices** Fruited Spinach Salad, Ham Deli Sub Sandwich

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## January 2019

28

MONDAY

**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

31

THURSDAY

**Classic Cafe** Build Your Own Baked Potato, French Bread, Homemade Brownie

**Pizza Station** Taco Pizza

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

29

TUESDAY

**Classic Cafe** Chicken Parmesan w/Pasta, Caesar Salad, Garlic Toast

**Pizza Station** Sausage Pizza

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

1

FRIDAY

30

WEDNESDAY

**Classic Cafe** Walking Taco, Spicy Pinto Beans

**Diner Station** Corn Dog

**Fresh Choices** Chef Salad, Turkey Ranch Wrap

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