



Don't forget to eat your fruit and veggies!

# Charles City Schools Elementary Lunch Menu

Fresh fruit and vegetable bar offered daily!

March 2019

## MONDAY



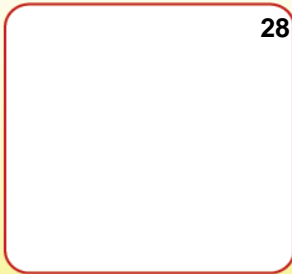
## TUESDAY



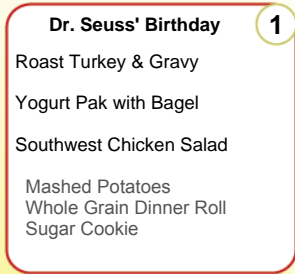
## WEDNESDAY



## THURSDAY



## FRIDAY



**School Breakfast Week** 4

French Toast Sticks  
Ba-Ba-Ba Banana Smoothie

Hot Ham & Cheese Flatbread

Turkey BLT Wrap

Breakfast Potatoes

**National Noodle Month** 5

Beef Stroganoff (Beef with Noodles)  
Whole Grain Dinner Roll

BBQ Meatball Sub

Buffalo Chicken Salad

Garlic & Herb Broccoli

**National Nutrition Month** 6

Fish Sandwich with Cheese

Chicken Nugget Basket  
Whole Grain Dinner Roll

Chef Salad

Golden French Fries  
Pickle Slice

**National Nutrition Month** 7

Crispito  
Chips and Salsa

Chicken & Cheese Quesadilla

7 Layer Salad

Black Beans  
Homemade Brownie

**HOM Spinach** 8

Pasta with Meat Sauce  
Rip Stick Breadstick

Lasagna Rollup with Sauce (cheese no meat)

Fruited Spinach Salad

Green Beans

Spring Break 11

Spring Break 12

Spring Break 13

Spring Break 14

Spring Break 15

**Ravioli with Meat Sauce** 18  
French Bread

Chicken Bacon Ranch Melt

Turkey BLT Salad

Kale Salad  
Chocolate Chip Cookie

**HOM Mint & Strawberry** 19

Ham & Tator Tot Breakfast Bake

Build Your Own Cereal Bar  
Cocoa Banana Smoothie

Turkey Deli Sandwich

Minted Fruit Salad  
Cinnamon Roll

**Burger Basket** 20

Fish Nugget Basket

Chef Salad

Tator Tots  
French Bread

**Soft Beef Tacos** 21  
Lettuce, Tomato, Cheese

Arroz Con Queso  
Tortilla Chips

Turkey Ranch Wrap

Black Beans

**Cheesy Italian Flatbread** 22

Grilled Cheese Sandwich

Pretzel Bites w/Cheese Cubes

Mexican Street Corn  
Churro

**Grilled Ham & Cheese Sandwich** 25

Turkey BLT Flatbread

Beef Taco Salad

Homemade Chicken Noodle Soup

**Macaroni & Cheese** 26

Sloppy Joe on a Bun

Buffalo Chicken Salad

Roasted Broccoli

**Popcorn Chicken Bowl** 27

Salisbury Steak

Chef Salad

Mashed Potatoes  
Roasted Corn  
Whole Grain Dinner Roll

**Corn Dog** 28

Pulled Pork Sandwich

Turkey Deli Sandwich

Coleslaw

**Cheese Pizza** 29

Yogurt Pak with Bagel

Fruited Spinach Salad

Corn  
Mini Rice Krispie Treat

**Prices**

Regular	\$2.60
Reduced	\$0.40
Adult	\$3.75



**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

