



Don't forget to eat your fruit and veggies!

Charles City Middle School

Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

- Classic Cafe** Roast Turkey & Gravy, Mashed Potatoes, Whole Grain Dinner Roll, Sugar Cookie
- Diner Station** Crispy Chicken Tenders
- Fresh Choices** Southwest Chicken Salad, Yogurt Pak with Bagel

Harvest of the Month



Milk choice of white or chocolate available.
For questions/comments please contact your FSD @641-257-6505
or email taher@charles-city.k12.ia.us

Menus are subject to change without notice. This institution is an equal opportunity provider.





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4

MONDAY

Classic Cafe Chicken Fajitas, Black Beans

Diner Station Hamburger on a Bun

Fresh Choices Harvest Chicken Salad, Turkey BLT Wrap

7

THURSDAY

Classic Cafe Crispito, Chips and Salsa

Pizza Station Cheese Pizza

Fresh Choices Chicken Waldorf Salad, Turkey Deli Sandwich

5

TUESDAY

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

Pizza Station Sausage Pizza

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

8

FRIDAY

Classic Cafe Lasagna Rollup with Sauce, French Bread, Caesar Salad

Diner Station BBQ Rib Sandwich

Fresh Choices Yogurt Pak with Pretzel Bites, Chicken Caesar Salad

6

WEDNESDAY

Classic Cafe New Orleans Fish Hoagie, Cajun Chips, Mini Rice Krispie Treat

Diner Station Corn Dog

Fresh Choices Chef Salad, Pretzel Bites w/Cheese Cubes

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MONDAY

Classic Cafe Spring Break

14

THURSDAY

Classic Cafe Spring Break

12

TUESDAY

Classic Cafe Spring Break

15

FRIDAY

Classic Cafe Spring Break

13

WEDNESDAY

Classic Cafe Spring Break

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18

MONDAY

- Classic Cafe** Sweet n Sour Chicken Bites, Brown Rice, Roasted Broccoli
- Diner Station** Grilled Ham & Cheese Sandwich
- Fresh Choices** Chicken Caesar Salad, WG Chips, Salsa & Cheese Cubes

21

THURSDAY

- Classic Cafe** Burger Bar, Corn
- Pizza Station** Taco Pizza
- Fresh Choices** Beef Taco Salad, Turkey Cranberry Wrap

19

TUESDAY

- Classic Cafe** Ham & Tator Tot Breakfast Bake, Cinnamon Roll, Minted Fruit Salad
- Pizza Station** Cheese Pizza
- Fresh Choices** Turkey BLT Salad, Turkey Deli Sub Sandwich

22

FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Mediterranean Soup
- Diner Station** Grilled Cheese Sandwich
- Fresh Choices** Crispy Chicken Salad, Turkey Deli Sub Sandwich

20

WEDNESDAY

- Classic Cafe** Beefy Nachos w/Cheese Sauce, Black Beans
- Diner Station** Pretzel with cheese sauce
- Fresh Choices** Chef Salad, Crispy Chicken Wrap

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MONDAY

Classic Cafe French Toast Sticks, Sausage Patty, Tator Tots

Diner Station Breakfast Sandwich

Fresh Choices 7 Layer Salad, Turkey BLT Wrap

28

THURSDAY

Classic Cafe Pulled Pork on Pretzel Bun, Coleslaw

Pizza Station Pepperoni Pizza

Fresh Choices Chicken Waldorf Salad, Turkey Deli Sandwich

26

TUESDAY

Classic Cafe Sloppy Joe on a Bun, Macaroni & Cheese

Pizza Station Sausage Pizza

Fresh Choices Buffalo Chicken Salad, Chicken & Tuna Salad Slider Combo

29

FRIDAY

Classic Cafe Chicken Bacon Ranch Melt, Tomato Soup, Mini Rice Krispie Treat

Diner Station Grilled Cheese Sandwich

Fresh Choices Chicken Caesar Salad, Yogurt Pak with Bagel

27

WEDNESDAY

Classic Cafe Popcorn Chicken Bowl, Mashed Potatoes, Gravy, Whole Grain Dinner Roll, Corn

Diner Station BBQ Rib Sandwich

Fresh Choices Chef Salad, Pretzel Bites w/Cheese Cubes

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