



Don't forget to eat your fruit and veggies!

Charles City Schools Elementary Lunch Menu

Fresh fruit and vegetable bar offered daily!

October
2018

MONDAY

Child Health Day 1

Build Your Own Baked Potato
Grilled Ham & Cheese Sandwich
Turkey BLT Wrap
California Blend Vegetable

TUESDAY

Bully Prevention Month 2

Turkey Nachos Supreme
Corn Dog
Buffalo Chicken Salad
Spicy Pinto Beans

WEDNESDAY

National Pizza Month 3

Pepperoni Pizza
Ham, Egg & Cheese on English Muffin
Pretzel Bites w/Cheese Cubes
Caesar Salad

THURSDAY

National Taco Day 4

Soft Beef Tacos
Lettuce, Tomato, Cheese
Pulled Pork Sandwich
Chicken Waldorf Salad
Mexican Street Corn

FRIDAY

5

Homemade Salisbury Steak
French Bread
Hot Turkey Sandwich
Chicken Caesar Salad
Mashed Potatoes
Gravy

8

No School (Professional Learning Day)

HOM: Pear 9

No School (Professional Learning Day)

10

BBQ Chicken Sandwich
Philly Flatbread
Ham Munchable
Firenze Corn Salad
Birthday Cake

11

French Bread Pizza
Tuna & Cheese Melt
Ham Deli Sub Sandwich
Roasted Cauliflower

12

HOM: Lemon Grass
Cheeseburger on Bun
Yogurt Pak with Bagel
Crispy Chicken Salad
Green Beans

15

School Lunch Week
Chili
Corn Bread or Bread Bowl
Roasted Hot Dog on a Bun
Chicken Caesar Salad
Seasoned Ranch Wedges

16

Crispy Chicken Tenders
Hamburger Gravy
Ham Deli Sub Sandwich
Mashed Potatoes
Whole Grain Dinner Roll

17

BBQ Rib Sandwich
Cheese & Pepperoni Flatbread
Chef Salad
Italian Tomato Salad
Mini Rice Krispie Treat

18

Beefy Nachos with Cheese
Chicken Bacon Ranch Melt
Chicken Taco Salad
Refried Beans

19

Cheese Bread
Fish Sandwich with Cheese
Southwest Chicken Salad
Garden Salad

22

French Toast Sticks
Ba-Ba-Ba Banana Smoothie
Biscuits & Gravy
Harvest Chicken Salad
Breakfast Potatoes

23

Chicken Fajitas
BBQ Rib Sandwich
Buffalo Chicken Salad
Black Beans

24

Ravioli with Meat Sauce
French Bread
Italian Turkey Panini
Chef Salad
Green Beans

25

All American Burger Basket
Chicken Nugget Basket
Whole Grain Dinner Roll
Ham Deli Sandwich
Golden French Fries

26

National Pretzel Month
Crispito
Chips and Salsa
Pretzel Pack
Chicken Caesar Salad
Garlic & Herb Broccoli
Chocolate Covered Pretzel

29

No School (Conferences)

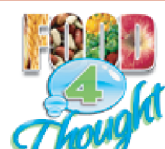
30

Lasagna Rollup with Sauce
Garlic Toast
Crispy Chicken Sandwich
7 Layer Salad
Caesar Salad

31

HOM: Beet

Roasted Hot Dog on a Bun
Pizza Burger Melt
Fruited Spinach Salad
Spicy Pinto Beans
Chocolate Beet Cake



Prices

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

HARVEST OF THE MONTH



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

