



Charles City Schools Elementary Lunch Menu

September
2020

Fruit and vegetable offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pizza Munchable Broccoli Florets Red Peppers	2 BBQ Pulled Pork Sandwich Baked Beans Cherry Tomato	3 Crispy Chicken Sandwich Corn Baby Carrots	4 Cheese Pizza Roasted Cauliflower Celery Sticks
7 Labor Day	8 Chicken and Cheese Quesadilla Refried Beans Romaine Lettuce	9 Popcorn Chicken Whole Grain Dinner Roll Mashed Potatoes Corn	10 Turkey Munchable Baby Carrots Cucumber Slices	11 Cheesy Italian Flatbread Broccoli Florets Red Peppers
14 Crispy Chicken Tenders Whole Grain Dinner Roll Roasted Cauliflower Baked Beans	15 Pasta with Meat Sauce Rip Stick Breadstick Green Beans Romaine Lettuce	16 Ham Deli Sandwich Baby Carrots Cucumber Slices	17 Soft Beef Tacos Spicy Pinto Beans Corn	18 Roast Turkey & Gravy Whole Grain Dinner Roll Mashed Potatoes Steamed Carrots
21 French Toast Sticks Breakfast Potatoes Baby Carrots	22 Corn Dog Baked Beans Celery Sticks	23 Crispy Chicken Nuggets Whole Grain Dinner Roll Golden French Fries Broccoli Florets	24 Pretzel Pack Cauliflower Floret Cherry Tomato	25 Professional Development Day
28 Turkey BLT Wrap Red Peppers Romaine Lettuce	29 BBQ Rib Sandwich Corn Green Beans	30 Sloppy Joe on a Bun Baked Beans Broccoli Florets		
			 <p>Choose MyPlate.gov</p>	

INFORMATION

Regular	\$2.70
Reduced	\$0.40
Adult	\$3.85

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

HARVEST OF



THE MONTH

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