



# Charles City Schools Breakfast Menu

February  
2023

Fresh fruit and vegetables offered daily!



| MONDAY                                                                                                                                                 | TUESDAY                                                                                                                                                                     | WEDNESDAY                                                                                                                                                                  | THURSDAY                                                                                                                                                                    | FRIDAY                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                        |                                                                                                                                                                             | <b>1</b><br>Plain Long John<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                          | <b>2</b><br>Mini Eggo Waffles<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                         | <b>3</b><br>Prof Dev/Snow Make-up day                                                                                                                                       |
| <b>6</b><br>Cheesy Ham Melt<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk      | <b>7</b><br>Blueberry Loaf<br>Cheese Stick<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk            | <b>8</b><br>Coffee Cake<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                              | <b>9</b><br>Blueberry Breakfast Bark<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                  | <b>10</b><br>Breakfast Burrito<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                        |
| <b>13</b><br>Breakfast Flatbread<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk | <b>14</b><br>Chocolate Banana Bread<br>Overnight Oats<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk | <b>15</b><br>Strawberry Cream Cheese<br>Filled Bagel<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk | <b>16</b><br>Bacon, Egg & Cheese on<br>English Muffin<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk | <b>17</b><br>Biscuits & Gravy<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                         |
| <b>20</b><br>Mini Pancakes<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk       | <b>21</b><br>Breakfast Sandwich<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                       | <b>22</b><br>Sausage Breakfast Pizza<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                 | <b>23</b><br>Cinnamon Roll<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk                            | <b>24</b><br>Breakfast Banana Split Yogurt<br>Parfait<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk |
| <b>27</b><br>Brekkie<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk             | <b>28</b><br>Chocolate Chip Muffin<br>Cheese Stick<br><br>Choice of Cereal<br>Educational Crackers<br><br>Vegetable Selection<br>Fruit or Juice Selection<br><br>1% Milk    |                                                                                                                                                                            |                                                                                                                                                                             |                                                                                                                                                                             |

## PRICES

|                   |        |
|-------------------|--------|
| Regular Breakfast | \$1.50 |
| Reduced Breakfast | \$0.30 |
| Adult Breakfast   | \$2.00 |

## EXTRA INFO

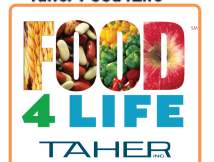
Milk choice of 1% or ff chocolate available.  
For questions/comments, please contact your  
FSD  
at 641-257-6505 ext 2316 or  
email [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)

## HARVEST OF



## THE MONTH

Your MENUS plus more  
information on our app  
Taher Food4Life®



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