



# Charles City High School Lunch Menu

Fresh Fruit and Vegetable Bar Daily!

February  
2023

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY <sup>1</sup>

THURSDAY <sup>2</sup>

FRIDAY <sup>3</sup>

EXTRA INFO

**Classic Cafe** Chicken Fajitas, Spiced Pinto Beans

**Diner** Spicy Chicken Patty on Bun

**Deli** Build Your Own Sub

**Pizza** Sausage Pizza

**Grab & Go** Deli Sandwich or Sub, Chef Salad, Whole Grain Dinner Roll

**No School** Prof Dev/Snow Make-up

**Classic Cafe** Chicken Potstickers, Chicken Fried Rice

**Diner** Crispy Chicken Sandwich

**Deli** Build Your Own Sub

**Pizza** Taco Pizza

**Grab & Go** Deli Sandwich or Sub, Chef Salad, Whole Grain Dinner Roll

Harvest of the Month



Choice of white or chocolate milk available, for questions or comments please contact your FSD @ 641-257-6505 ext 2316 or email [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)

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## 6 MONDAY

- Classic Cafe** BBQ Chicken or Pork in a Cornbread Bowl, Black Beans
- Diner** Crispy Chicken Sandwich
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

## 7 TUESDAY

- Classic Cafe** Sloppy Joe on a Bun, Sun Chips, Roasted Broccoli
- Diner** Corn Dog
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza
- Grab & Go** Buffalo Chicken Wrap, Whole Grain Dinner Roll, Chicken Caesar Salad

## 8 WEDNESDAY

- Classic Cafe** Build Your Own Mac & Cheese, Whole Grain Dinner Roll, Roasted Corn
- Diner** Crispy Chicken Tenders
- Deli** Build Your Own Sub
- Pizza** Taco Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

## 9 THURSDAY

- Classic Cafe** Shrimp Poppers, Cheesy Garlic Toast, Coleslaw
- Diner** BBQ Rib Sandwich
- Deli** Build Your Own Sub
- Pizza** Sausage Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

## 10 FRIDAY

- Classic Cafe** Cheesy Broccoli Bites, Cinnamon Roll, Steamed Carrots
- Diner** Hamburger on a Bun
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

## EXTRA INFO

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13

MONDAY

- Classic Cafe** Chicken Alfredo w/Pasta, Rip Stick Breadstick, Green Beans
- Diner** Corn Dog
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

16

THURSDAY

- Classic Cafe** Pasta with Meatballs & Sauce, Garlic Toast, Roasted Broccoli
- Diner** Cheeseburger on a Bun
- Deli** Build Your Own Sub
- Pizza** Sausage & Pepperoni Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

14

TUESDAY

- Classic Cafe** BBQ Rib Sandwich, Sun Chips, Steamed Corn
- Diner** Spicy Chicken Patty on Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

17

FRIDAY

- Classic Cafe** French Toast Sticks, Sausage Patty
- Diner** BBQ Rib Sandwich
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

15

WEDNESDAY

- Classic Cafe** Chicken and Cheese Quesadilla, Homemade Brownie, Refried Beans
- Diner** Crispy Chicken Sandwich
- Deli** Build Your Own Sub
- Pizza** Taco Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad, Rip Stick Breadstick

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MONDAY

- Classic Cafe** Crispy Chicken Tenders, Rip Stick Breadstick, Roasted Broccoli
- Diner** Hamburger on a Bun
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

23

THURSDAY

- Classic Cafe** Cubano on a Sub Roll, Garlic Toast, Tater Tots
- Diner** Spicy Chicken Patty on Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

21

TUESDAY

- Classic Cafe** Meatloaf, Whole Grain Dinner Roll, Mashed Potatoes, Gravy
- Diner** Beef Hot Dog on a Bun
- Deli** Build Your Own Sub
- Pizza** Sausage Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

24

FRIDAY

- Classic Cafe** Lasagna Rollup with Sauce, Garlic Toast, California Blend Vegetable
- Diner** BBQ Rib Sandwich
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

22

WEDNESDAY

- Classic Cafe** Corn Dog, Rice Krispie Treat, Baked Beans
- Diner** Crispy Chicken Sandwich
- Deli** Build Your Own Sub
- Pizza** Taco Pizza
- Grab & Go** Ham and Cheese Charcuterie, Chef Salad, Rip Stick Breadstick

EXTRA INFO

Harvest of the Month



PERSIMMON



CAULIFLOWER



FLAT LEAF PARSLEY

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MONDAY

- Classic Cafe** Chicken Bacon Ranch Melt,  
Baked Beans
- Diner** Hamburger on a Bun
- Deli** Build Your Own Sub
- Pizza** Pepperoni Pizza
- Grab & Go** Honey Mustard Ham Wrap, Cravin  
Craisin Salad, Whole Grain Dinner  
Roll

THURSDAY

28

TUESDAY

- Classic Cafe** Meatball Marinara Sub, Sun Chips,  
Roasted Broccoli
- Diner** Spicy Chicken Patty on Bun
- Deli** Build Your Own Sub
- Pizza** Cheese Pizza
- Grab & Go** Honey Mustard Ham Wrap, Cravin  
Craisin Salad, Whole Grain Dinner  
Roll

FRIDAY

WEDNESDAY

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