

Charles City Middle School Lunch Menu

Fresh fruit and veggie bar offered daily!

March
2023

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MONDAY

THURSDAY 2

Classic Cafe Beef Chili, Corn Bread Bowl

Deli Build Your Own Sub

Pizza Sausage Pizza

Grab & Go Honey Mustard Ham Wrap, Cravin Craisin Salad, Dinner Roll

Fruit & Veggie Cucumber Slices, Applesauce, Fresh Pear

TUESDAY

FRIDAY 3

Classic Cafe Chicken Potstickers, Chicken Fried Rice

Diner Crispy Chicken Tenders

Deli Fish Sandwich with Cheese

Grab & Go Honey Mustard Ham Wrap, Cravin Craisin Salad, Dinner Roll

Fruit & Veggie Steamed Carrots, Cucumber Slices, Diced Peaches, Fresh Pear

WEDNESDAY 1

Classic Cafe Ham, Egg & Cheese on English Muffin, Tater Tots, Chocolate Chip Cookie

Diner Crispy Chicken Sandwich

Deli Build Your Own Sub

Grab & Go Cravin Craisin Salad, Whole Grain Dinner Roll, Honey Mustard Ham Wrap

Fruit & Veggie Baby Carrots, Pineapple Tidbits, Fresh Pear

EXTRA INFO

Harvest of the Month



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

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6 MONDAY

- Classic Cafe** Shrimp Poppers, Macaroni & Cheese
- Diner** Corn Dog
- Deli** Build Your Own Sub
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad, Tortilla Chips
- Fruit & Veggie** Coleslaw, Cherry Tomato, Diced Peaches, Fresh Grapes

9 THURSDAY

- Classic Cafe** Pancakes, Easy Egg Bake
- Deli** Build Your Own Sub
- Pizza** Sausage & Pepperoni Pizza
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad, Tortilla Chips
- Diner** Potato Wedges

7 TUESDAY

- Classic Cafe** Oven Roasted Brat on a Bun, Baked Beans, M&M Cookie
- Deli** Build Your Own Sub
- Pizza** BBQ Chicken Pizza
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad, Tortilla Chips
- Fruit & Veggie** Roasted Corn, Cherry Tomato, Mixed Canned Fruit, Fresh Grapes

10 FRIDAY

- Classic Cafe** Chicken Gravy, Mashed Potatoes, Garlic Toast
- Diner** Popcorn Chicken
- Grab & Go** Fish Sandwich with Cheese, Southwest Chicken Salad, Tortilla Chips
- Fruit & Veggie** Roasted Broccoli, Cherry Tomato, Diced Peaches, Fresh Grapes

8 WEDNESDAY

- Classic Cafe** Orange Chicken, Brown Rice
- Diner** Shrimp Poppers
- Deli** Build Your Own Sub
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad, Tortilla Chips
- Fruit & Veggie** Steamed Carrots, Cherry Tomato, Pineapple Tidbits, Fresh Grapes

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13

MONDAY

Closed, Spring Break

16

THURSDAY

Closed, Spring Break

14

TUESDAY

Closed, Spring Break

17

FRIDAY

Closed, Spring Break

15

WEDNESDAY

Closed, Spring Break

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20

MONDAY

Classic Cafe BBQ Chicken or Pork in a Cornbread Bowl

Diner Ham & Pepperoni Melt

Deli Build Your Own Sub

Grab & Go Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

Fruit & Veggie Black Beans, Red/Orange Bell Pepper, Diced Peaches, Fresh Orange

23

THURSDAY

Classic Cafe Chicken Fajitas, Spanish Rice, Black Beans

Deli Build Your Own Sub

Pizza Meat Lovers

Grab & Go Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

Fruit & Veggie Coleslaw, Red/Orange Bell Pepper, Applesauce, Fresh Orange

21

TUESDAY

Classic Cafe Lasagna Roll Up with Alfredo, Bread Stick, Homemade Brownie

Deli Build Your Own Sub

Pizza BBQ Chicken Pizza

Grab & Go Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

Fruit & Veggie Roasted Broccoli, Red/Orange Bell Pepper, Mixed Canned Fruit, Fresh Orange

24

FRIDAY

Classic Cafe Popcorn Chicken Bowl, Dinner Roll

Diner Chicken Taquito

Deli Build Your Own Sub

Grab & Go Fish Sandwich with Cheese, Chicken Caesar Salad, Whole Grain Dinner Roll

Fruit & Veggie Steamed Carrots, Red/Orange Bell Pepper, Diced Peaches, Fresh Orange

22

WEDNESDAY

Classic Cafe Build Your Own Mac & Cheese, Whole Grain Dinner Roll

Diner Hamburger on a Bun

Deli Build Your Own Sub

Grab & Go Buffalo Chicken Wrap, Chicken Caesar Salad, Whole Grain Dinner Roll

Fruit & Veggie Roasted Corn, Red/Orange Bell Pepper, Pineapple Tidbits, Fresh Orange

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27

MONDAY

Classic Cafe Chicken Alfredo w/Pasta,
Bread Stick

Diner Crispy Chicken Sandwich

Deli Build Your Own Sub

Grab & Go Turkey BLT Wrap, Crispy Chicken
Salad, Bread Stick

Fruit & Veggie Green Beans, Cherry Tomato, Diced
Peaches, Fresh Grapes

30

THURSDAY

Classic Cafe Pasta with Meatballs & Sauce,
Garlic Toast

Deli Build Your Own Sub

Pizza Sausage Pizza

Grab & Go Turkey BLT Wrap, Crispy Chicken
Salad, Rip Stick Breadstick

Fruit & Veggie Roasted Broccoli, Cherry Tomato,
Applesauce, Fresh Grapes

28

TUESDAY

Classic Cafe BBQ Rib Sandwich, Sun Chips

Diner Hamburger on a Bun

Pizza Sausage Pizza

Grab & Go Turkey BLT Wrap, Crispy Chicken
Salad, Rip Stick Breadstick

Fruit & Veggie Steamed Corn, Cherry Tomato,
Mixed Canned Fruit, Fresh Grapes

31

FRIDAY

Classic Cafe French Toast Sticks, Sausage
Patty

Deli Build Your Own Sub

Diner BBQ Rib Sandwich

Grab & Go Fish Sandwich with Cheese, Crispy
Chicken Salad, Rip Stick Breadstick

Fruit & Veggie Baby Carrots, Cherry Tomato, Diced
Peaches, Fresh Grapes

29

WEDNESDAY

Classic Cafe Choice of Quesadilla,
Homemade Brownie

Diner Grilled Ham & Cheese
Sandwich

Deli Build Your Own Sub

Grab & Go Turkey BLT Wrap, Crispy Chicken
Salad, Rip Stick Breadstick

Fruit & Veggie Refried Beans, Cherry Tomato,
Pineapple Tidbits, Fresh Grapes

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