



Don't forget to eat your fruit and veggies!

# Charles City Elementary Lunch Menu

Fresh Fruit & Veggie Bar Offered Daily!

April 2019

## MONDAY

April Fool's Day

1

K-12 Conferences (No School)

## TUESDAY

2

Roast Turkey & Gravy

Crispy Chicken Tenders

7 Layer Salad

Warm Cinnamon Apples  
Mashed Potatoes  
Whole Grain Dinner Roll

## WEDNESDAY

3

BBQ Chicken Sandwich

Turkey BLT Flatbread

Fruited Spinach Salad

Calico Bean Bake  
Birthday Cake

## THURSDAY

International Carrot Day

4

BBQ Pulled Pork Sandwich

French Bread Pizza

Turkey Deli Sub Sandwich

Glazed Carrots

## FRIDAY

5

Cheese Pizza

Egg Salad Sandwich

Honey Mustard Ham Wrap

Caesar Salad

8

Chicken Bacon Ranch Melt

Pizza Bake

Chicken Caesar Salad

Garden Salad

9

Sub Sandwich Bar

BBQ Rib Sandwich

Turkey BLT Salad

Kettle Potato Chips

10

Crispy Chicken Sandwich Basket

All American Burger

Chef Salad

Golden French Fries

11

Nachos w/cheese sauce

Chicken and Cheese Quesadilla

Beef Taco Salad

Refried Beans

12

Grilled Cheese Day

Grilled Cheese Sandwich

Cheesy Italian Flatbread

Southwest Chicken Salad

HOM: Banana  
Chocolate Covered Banana  
Roasted Broccoli

15

Hot Ham & Cheese Bagel

BBQ Meatball Sub

Turkey BLT Wrap

Garlic & Herb Broccoli

HOM: Chives

16

Roasted Hot Dog on a Bun

Fish Nuggets  
Whole Grain Dinner Roll

Buffalo Chicken Salad

Warm Potato Salad with Mustard

17

Salisbury Steak  
Whole Grain Dinner Roll

Crispy Chicken Nuggets

Chef Salad

Mashed Potatoes  
Gravy  
Chocolate Chip Cookie

18

HOM: Celery

Crispito  
Chips & Salsa

Yogurt Pak with Pretzel Bites

Southwest Chicken Salad

Black Beans

19

French Toast Sticks  
Hard Boiled Egg

Fish Sandwich with Cheese

Ham Deli Sub Sandwich

Breakfast Potatoes

22

Sweet n Sour Chicken Bites  
Brown Rice

Sloppy Joe on a Bun

Cravin Craisin Salad

Green Peas

23

Lasagna  
Garlic Toast

Yogurt Pak with Bagel

7 Layer Salad

Caesar Salad

24

Pigs in a Blanket Day

Pigs in a Blanket

Ham & Tator Tot Breakfast Bake

Fruited Spinach Salad

Baked Beans

25

Chicken Tacos

Build Your Own Baked Potato  
Whole Grain Dinner Roll

Ham Deli Sandwich

Homemade Brownie

26

Cheesy Italian Flatbread

Pretzel Bites w/Cheese Cubes

Crispy Chicken Salad

Roasted Broccoli

29

Ravioli with Meat Sauce

Chicken Gyro

WG Chips, Salsa & Cheese Cubes

Kale Salad  
Mini Rice Krispie Treat

30

Pancakes  
Scrambled Egg

Build Your Own Cereal Bowl

Turkey BLT Salad

Cinnamon Roll

1



## PRICES

Regular	2.60
Reduced	0.40
Adult	3.75

## HARVEST OF THE MONTH



## EXTRA INFO

Milk choice of white or 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)

