



ChooseMyPlate.gov



Join us for BREAKFAST , served 7:45-8:10 am					
Choices may include: cereal, muffins, bagels, or UBR bar, cheese stick or yogurt, fruit, and milk					
All meals are served with 1% or non-fat ice-cold milk					FFVP Focus
Monday	Tuesday	Wednesday ** Early Release	Thursday	Friday	
August 7	8	9	10	11	National “Sneak a Zucchini onto Your Neighbor’s Porch” Day
Tangy Orange Chicken & Rice Bowl, Mixed Veggies, Melon Medley	Cheesy Bean Burritos, Fierce Salsa, Garden Fresh Salad, Fuzzy Peach	Mini Corn Dogs, Testy Spanish Rice, Super Salad, Bouncy Banana Smiles	Shepherd’s Pie with Mixed Veggies, Buttery Biscuit, Apple Slices	Spaghetti & Meatballs, Dinner Roll, Steamed Broccoli, Sweet Strawberries	
14	15	16	17	18	Canary Melon
Mighty Meatloaf, Dinner Roll, Mashed Potatoes, Fun Fruit Salad	Cuban Black Beans & Rice, Elote Salad, Grape Buddies	Cheesy Turkey Sandwich, Zesty Italian Garden Salad, Fuzzy Peach	Creamy Beef Stroganoff Pasta, Steamed Veggies, Mixed Melon	August Break No School	
21	22	23	24	25	National “Eat a Peach” Day
Cheesy Macaroni, Dinner Roll, Garden Salad, Awesome Apples	Sizzlin’ Chicken Fajitas with Tortilla, Pinto Beans, Orange Wedges	Chef Salad Bar with Ham & Cheese, Breadstick, Crunchy Carrots, Grapes	Chicken Chop Suey with Rice, Broccoli, Awesome Apple & Peach Halves	Meaty Pasta Swirls with Marinara Sauce, WG Roll, Crunchy Carrots & Celery, Melon	
28	29	30	31	September 1	Starfruit
French Bread Pizza. Italian Garden Salad, Sunny Orange Slices	Beefy Cheese Quesadilla with Lettuce & Tomato, Refried Beans, Plump Plum	Bold BBQ Chicken Salad Sandwich, Sweet Corn, Melon Medley	Bean Burrito Bowl, Lettuce & Tomato, Orange Smiles	Beefy Burger on Bun, Potato Salad, Snap Peas, Super Strawberries	

Remember to Like us & join our Parent group!



Welcome to Concordia!

Daily Schedule

- Breakfast 7:45-8:10 a.m.
- Opening Assembly 8:15 a.m.
- Dismissal 3:30 p.m. (M, Tu, Th, F)
- Early Release 12:30 p.m. (Wed.)
- Office hours: 7:30 a.m. – 4:00 p.m.
- All visitors must check in at office*

What is FFVP?

Our school has been selected to participate in the Fresh Fruit & Veggie Program USDA Grant.

Students enjoy a daily snack & learn about different fruits and veggies all year. Ask your child what he/she learned about the weekly FFVP Focus & include those items in meals at home!

This institution is an equal opportunity provider. *Esta institución es un proveedor que ofrece igualdad de oportunidades.* Food items are subject to availability.