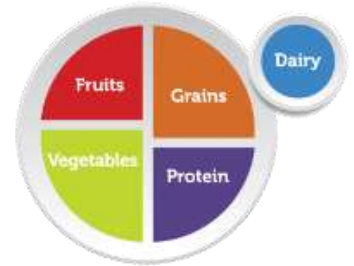










Concordia Charter School, Inc.
concordiacharter.org 480.461.0555

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday	FFVP
1 WG Waffles All Star Corn Dog, Slammin' Salad, Purple Cauliflower, Watermelon	2- Taco Tuesday Scrambled Eggs & Toast Beef Tacos, Refried Beans Jicama Sticks Pineapple	3 Muffin & Yogurt Alfredo W/ Dinner Roll, Roasted Veggies and Romaine Calm Salad, Oranges	4 Farmraiser WK 1 Pancakes Ham and Cheese Melt, Celery & Carrot Sticks, Spring Salad Grape Buddies	5- Fish Friday! UBR Bar Roxanna Rockin' Tuna Salad w/ Chips Kale Yeah Salad Tangelos	AZ Merit Testing for Grades 3 – 6 April 1-5, 8-10 Show What You Know!
8 Breakfast Sandwich Egg & Cheese Cheesy Macaroni W/ Dinner Roll, Broccoli , Spring Mix Salad, Apples Smiles	9 Yogurt Parfait w/Granola Bossome Burrito, Refried Beans Jicama Sticks Pineapple	10 Pancake Orange Chicken w/ Brown Rice Steamed Veggies Peach	11 Farmraiser WK 2 UBR Cookie & Cheese Happy Hamburger Leaf Lettuce, Sliced Tomato, Pickles Sweet Corn, Orange Moons	12- Fish Friday! Bagel & Cream Cheese Grilled Cheese Sandwich, Fresh Salad Cucumber slices, Tomatoes, Fruit Medley	AZ-Grown Snap Peas 
15 Pancake & Sausage Ms. Chicken patty, Leaf Lettuce, Slice Tomato, Pickles Roasted Broccoli, Banana	16- Taco Tuesday Strawberry Bagel-ful Taqitos W/ Refried Beans, Spinach salad, Juicy Watermelon	17 Breakfast Burrito Meaty Pasta W/ Breadstick, Romaine Calm Salad Apple	18 Farmraiser WK 3 Muffin & Cheese stick French Bread Pizza, Garden Salad, Carrot Sticks, Oranges Smiles	19 No School 	Strawberry 
22 No School 	23 Breakfast Burrito Slizzlin' Chicken Fajita Blue Corn Tortilla Pinto Beans, Roasted Peppers Orange Slices	24 Yogurt Parfait w/Granola Brunch Mini Pancakes, Sizzling Sausage, Hashbrown w/ Grilled Peppers, Pear	25 Farmraiser WK 4 Bagel & Cream Cheese PBJ Power Lunch, Kale Yeah Salad, Carrot Sticks, Apple Smiles	26 UBR Cookie & Cheese Corn Dog, Grape Buddies, Green Bouncy Beans, Celery Sticks, Fruit Medley	Dragon Fruit 
29 Strawberry Bagel-ful Hungry Hamburger on Bun, Veggie Dippers, Apple Smiles	30 Breakfast Sandwich Cheesy Quesadilla, Green salad, Refried Beans, Smiling Watermelon	May 1 Seasonal Recipe: Orange-Glazed Radishes & Spinach Want to make your grocery dollars stretch while making healthy meals? Join the Farmraiser & receive a bag full of delicious, locally-grown goodies like radishes, spinach, and citrus! Recipe can be found at: https://www.azhealthzone.org/recipes/orange-glazed-radishes-and-spinach	2 Farmraiser WK 5 3	3 AZ-Grown Asparagus 	

Local Wellness Policy (LWP) Updates:

The School Health Advisory Committee (SHAC) is looking for new members! With 3 meetings every year, the SHAC helps Concordia meet its health & wellness goals. Contact Ms. Acosta, Wellness Coordinator, for more info! rgomezacosta@concordiacharter.org

How's it GROWING, Arizona?

Check out this month's seasonal produce: Arugula, Asparagus, Beets, Cabbage, Carrots, Celery, Cucumber, Garlic, Greens, Herbs, Lemons, Lettuce, Onion, Peas, Potatoes, Radish, Spinach, Summer Squash, Strawberries, Zucchini (fillyourplate.org)

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