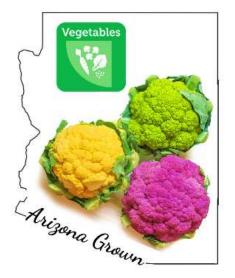
Harvest of the Month



Crunchy, Colorful Cauliflower

A great source of:

- fiber (keeps digestive system healthy)
- B vitamins (boosts energy)
- vitamin C (helps body heal)



Start your day with a delicious & healthy school breakfast , served 7:45-8:10 a.m. Please arrive BEFORE 8:10 a.m.!



Lunch Menu Jan. 20-24, 2020

Monday	raco ruesday	weanesaay	inursaay	Farm Fresh Friday
MAKLIT A	Cheese & Bean Burrito	Pepperoni Pizza	Thai Peanut Chicken	Corn Dog
DAY ON.	Or	Or	Or	Or
NOT A DAY OFF.	Walking Chicken SALAD	Cilantro Humus & Pita	Yogurt, Seeds &	Chicken Salad on AZ
Who will YOU			Banana Bread	Fresh Spinach
Help this Year?	Veggie of the Day:	Veggie of the Day:		
	Mexican Corn Salad	Crispy Humus & Kale*	Peaches 'n Cream*	Veggie of the Day:
		*People's Choice Winner	*Oct. Taste Test Winner	Arizona Greens Salad

Made and a

Lunch Menu Jan. 27-31, 2020

Meatless Monday	Tuesday	Wednesday	Thursday	Farm Fresh Friday
Grilled Cheese Sandwich	Walking Beefy Nachos	Hot Dog	Asian Chicken & Rice	Chicken Bites
Or	or	or	Or	Or
Veggie Chef Salad	SW Chicken Salad Bowl	Turkey Sub Sandwich	PBJ Sandwich	Tuna Sandwich
Veggie of the Day: Roasted Romanesco	Veggie of the Day: Southwest Slaw	Tropical Monkey* *Oct. Taste Test Runner-up	Veggie of the Day: Edamame (soybeans)	Veggie of the Day: Arizona Greens Salad

Milk choice includes a choice of non-fat or 1% White milk. Reduced fat dressing is served with salads and fresh vegetables.

All Grain items are *Whole Grain Rich*.

Market Fresh Fruit Cart includes a variety of daily choices of Apples, Oranges, Applesauce and Raisins. Variety of other seasonally available fruits are included including: Banana, Grapes, Melons, Kiwi, Pears, etc..

Fresh Vegetables includes daily Baby Carrots and others like: Broccoli Cauliflower, Celery, Cucumber, Assorted Peppers, Assorted Tomato, Lettuce, Spinach and other greens in addition to seasonal vegies like Kohlrabi, Peas and Beans.

Menu items are subject to change and availability.

Questions? Email itirado@concordiacharter.org This institution is an equal opportunities provider

Romanesco

Known for its beautifully unique shape, this winter veggie is related to both Cauliflower and Broccoli.



Romanesco grows above the ground, inside thick, dark green leaves. It loves to grow when the weather is cold, but when things heat up, the plant will start to

flower (bolt). Seeds grow inside the flowers, and can be saved to plant the next year!

Romanesco's name comes from the place it was first grown, Rome, Italy, way back in the 1500's (16th Century)



Recipe to try at home:

Roasted Romanesco

- ✓ Head of Romanesco
- \checkmark 3 tsp. of ive oil
- √ Spices to taste

Directions:

- 1. Preheat oven to 400 degrees
- 2. Cut Romanesco into small pieces (florets)
- 3. Put Romanesco in a bowl or plastic bag, add oil, and stir or shake until florets are lightly coated
- 4. Sprinkle florets with spices
- 5. Spread evenly onto cookie sheet
- 6. Roast in oven for about 10 minutes, or until tips start to get lightly browned
- 7. Enjoy your healthy & delish veggies!