



Concordia Charter School, Inc.
concordiacharter.org 480.461.0555

MARCH

2019* UPDATED

Monday	Tuesday	Wednesday	Thursday	Friday	FFVP Focus
<p>** All Meals Are Served with 1% or Non-Fat Milk</p>  <p>It's National Nutrition Month! Eating a RAINBOW of colorful fruits & veggies will give your body a VARIETY of important NUTRIENTS that keep you healthy & strong</p>				<p>1</p> <p>Bagel/Cream Cheese</p> <p>All Star Corn Dog, Roasted Corn, Veggie Sticks, Orange Smiles</p> 	<p>Arizona-Fresh Grapefruit</p>
4	5	6	7 Farmraiser Week 5	8	<p>Arizona-Fresh Watermelon Radish</p> 
<p>WG Pancakes or WG UBR Cookie</p> <p>Cheese Pizza Pizza Sauce Carrots Orange Smiles</p>	<p>WG Bagel or WG Pancake</p> <p>Chicken Taquitos With Cheese topping Alaska Fish Sticks Taste Test Salsa, Pinto Beans Shredded Lettuce Grapefruit Wedge</p>	<p>WG Apple Frudel or WG Bagel</p> <p>Peanut Butter and Jelly Sandwich String Cheese Spring Salad Broccoli & Cauliflower Melon Chunks</p>	<p>WG Cereal or WG Bagel, String Cheese or Yogurt</p> <p>Meatloaf with Brown Rice Spinach Salad Sliced Cucumbers and Cherry Tomatoes Blood Oranges</p>	<p>WG PB&J or WG Bagel</p> <p>Pancakes Scrambled Eggs Hashbrown with Celery Sticks Apples</p>	
11	12	13	14-	15	
<p>Spring Break- No School</p> <p>Week 1 Challenge: Eat at least ONE fruit or veggie snack EVERY DAY (see if you can eat the rainbow!)</p>					
<i>Red</i>		<i>Orange</i>		<i>Yellow</i>	
<i>Green</i>		<i>Blue</i>		<i>Purple</i>	
18	19	20	21	22	
<p>Spring Break – No School</p> <p>Week 2 Challenge: Do 10 x 3</p>					
<p><i>Do 10 jumping jacks 3 times today</i></p>	<p><i>Do 10 sit-ups 3 times today</i></p>	<p><i>Do 10 push-ups 3 times today</i></p>	<p><i>Do 10 minutes of running/jumping 3 times today</i></p>	<p><i>Do 10 of your favorite exercises 3 times today</i></p>	<p><i>Do 10 "head-shoulders-knees-toes" stretches 3 times today</i></p>
25	26	27	28 Farmraiser begins next week!	29	<p>Starfruit</p> 
<p>Cereal & String Cheese</p> <p>Hamburger Cheeseburger Lettuce, Tomato & Pickle Chips Roasted Corn Cuties</p>	<p>Breakfast Sandwich Egg & Cheese Muffin</p> <p>Cheese Pizza Grilled Chicken Strips Caesar Salad Rainbow Carrots Apple Smiles</p>	<p>WG UBR Cookie</p> <p>Meatball Sub Sweet Potato Fries Spinach Salad Pears</p>	<p>Breakfast Burrito</p> <p>Hot Diggity Dog Baked Beans Spring Mix Salad Cantaloupe Chunks</p>	<p>Banana Muffin & Cheese Stick</p> <p>Fish Sticks Cole Slaw Cucumber Slices Grapes</p>	

Celebrating Arizona's Delicious Local Harvest: Carrots, Cauliflower, and Citrus, oh my!



Hard-working farmers provide a colorful variety of healthy food for families in Arizona and across the country. Citrus is one of our state's big crops, along with leafy greens and other important veggies.

Look for the Arizona Grown label & Eat FRESH, Eat LOCAL!

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