

Harvest of the Month



Spinach

A great source of:

- vitamin A (good for eyes & skin)
- vitamin K (helps cuts heal)
- vitamin C (helps body fight infections)

Eat spinach in a fresh salad, or chop it up and add it to scrambled eggs (Green Eggs & Ham!!) or soups.



Celebrate **READING WEEK** - Eat school breakfast AND school lunch ALL 5 DAYS & earn a chance to win a Dr. Seuss plush toy!



Reading Week: March 2-6, 2020

Monday Dr. Seuss' Birthday	Taco Tuesday	Wednesday	Thursday * Farmraiser Day	Farm Fresh Friday * EARLY RELEASE
<i>Book: Happy Birthday to You!</i>	<i>Book: Dragon that Eats Tacos</i>	<i>Book: One Fish, Two Fish...</i>	<i>Book: Panda Loves Pickles</i>	<i>Book: Cat in the Hat</i>
Hot: Mac n' Cheese Cold: Cilantro Humus Pita	Hot: Carnitas Taco Cold: Chicken Taco Salad	Hot: Alaskan Fish Stix Cold: Chicken Caesar Salad	Hot: Hot Dog Cold: Ham Sandwich	Chef's Choice At least 2 choices!
Veggie of the Day: Garden Green Salad	Veggie of the Day: Refried Black Beans	Veggie of the Day: Ranch Potatoes	Veggie of the Day: Chef's Choice	

Spring Break: March 9-20

Lunch Menu March 23-27, 2020

Meatless Monday	Taco Tuesday	Wednesday	Thursday	Farm Fresh Friday
Hot: Cheese Quesadilla Cold: PBJ Sandwich	Hot: Meaty Walking Taco Cold: SW Chicken Salad Bowl	Hot: Pizza Cold: Ham & Cheese Sandwich	Hot: Teriyaki Chicken & Rice Cold: Asian Chicken Salad	Hot: Cheeseburger Cold: String Cheese, UBR, Craisins, Carrots
Veggie of the Day: Roasted Carrots	Veggie of the Day: Southwest Slaw	Veggie of the Day: Corn Salad	Veggie of the Day: Edamame	Veggie of the Day: Any 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

Breakfast Menu: March 2-6, 2020 * Reading Week

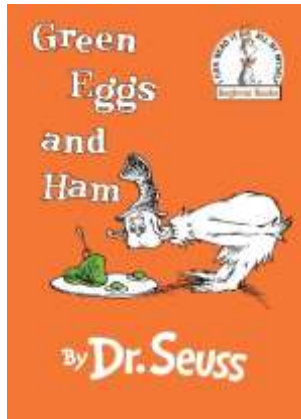
Served 7:45-8:10 AM * Please arrive BEFORE 8:10 to eat breakfast!

*El desayuno se sirve 7:45-8:10 AM * ¡Por favor llegue ANTES de las 8:10 para desayunar!*

Monday 3/2

Dr. Seuss' Birthday

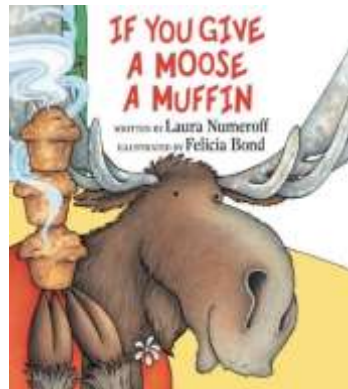
Book: Green Eggs and Ham



Green Eggs & Ham Muffin
Or
Cereal & String Cheese

Tuesday 3/3

Book: If You Give a Moose a Muffin

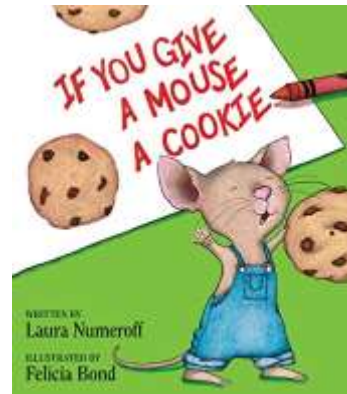


Muffin & Yogurt
Or
Egg Breakfast Burrito

Hashbrowns

Wednesday 3/4

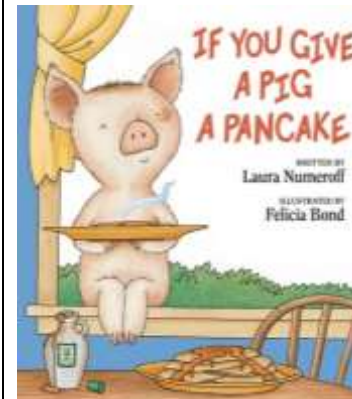
Book: If You Give a Mouse a Cookie



UBR Cookie
Or
Cereal & Egg

Thursday 3/5

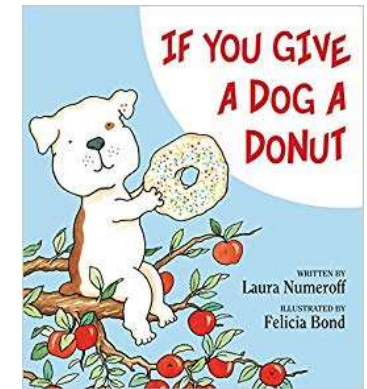
Book: If You Give a Pig a Pancake



Mini Pancakes
Or
Yogurt Parfait

Friday 3/6

Book: If You Give a Dog a Donut



Breakfast Super Donut
Or
Cereal & String Cheese

Hashbrowns

Celebrate READING WEEK - Eat school breakfast AND school lunch ALL 5 DAYS and earn a chance to win a Dr. Seuss plush toy!

Celebre la SEMANA DE LECTURA - ¡Desayune Y almuerce del escuela TODOS LOS 5 DÍAS y gane la oportunidad de ganar un peluche Dr. Seuss

Choice of 1% or Skim Milk, and variety of fruits & veggies are offered with every meal. Items are subject to change and availability.

*This institution is an equal opportunities provider * Esta institución es un proveedor de igualdad de oportunidades*