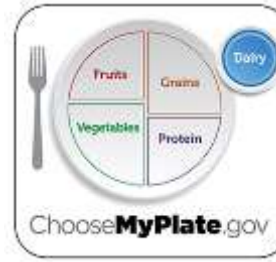




2020



September



This institution is an equal opportunity provider. Esta institución es un proveedor que ofrece igualdad de oportunidades.

Food items may be substituted without prior notice



| Breakfast served | | 28 | 29 | 30 | Oct. 1 | 2 |
|--|----------------|---|---|---|--|--|
| Group A- 7:45-8:05 AM Group B- 8:15-8:35 AM | | Meatless Monday | Taco Tuesday | Wednesday <i>*early release</i> | Thursday | Farm Fresh Friday <i>*early release</i> |
| Stone Fruit Week! | 1 cup | <i>Grapes & Cauliflower</i> | <i>Applesauce & Broccoli</i> | <i>Fruit Cup & Celery</i> | <i>Orange Smiles & Hashbrowns</i> | AZ Melon & Carrots |
| Grain/GE | 2 G | <i>Donut & String Cheese</i> Or <i>Cereal & String Cheese</i> | <i>Egg & Cheese Burrito</i> Or <i>Muffin & Yogurt</i> | <i>Cherry Parfait</i> or <i>Cereal & HB Egg</i> | <i>Ultimate Breakfast Bar</i> Or <i>Cereal & Yogurt</i> | <i>Bagel & Cream Cheese</i> Or <i>Cereal & String Cheese</i> |
| Choice of Milk | 8 oz | <i>White 1% Fat or White Fat Free</i> | | | | |
| Lunch  | | Cheezy Macaroni Or Peach Cobbler Parfait | Chicken Quesadilla Or Ranch Chicken Taco Salad w/ Chips | Hot Diggity Dog on WG Bun | BBQ Pork Burger Or Chicken Caesar WRAP | Cheese Pizza EARLY RELEASE! HAPPY FALL BREAK ☺ |
| Grain | 1 (8-9/wk) | | | | | |
| Meat/Meat Alt. | 1 (9-10/wk) | | | | | |
| Fruit | ½ cup | | | | | |
|  Veggie | ¼ cup ½ cup | <i>Red Plum</i> | <i>Fantastic Fruit Cup</i> | <i>Assorted Fruit</i> | <i>Sun-Kissed Raisins</i> | Arizona Apple |
| | | <i>Celery Swords & Broccoli Trees</i> | <i>Mini Sweet Peppers</i> <i>SW Black Beans</i> | <i>Broccoli</i> <i>Mexican Corn Salad</i> | <i>Crunchy Carrots</i> Arizona HARVEST MOON POTATOES | AZ Sliced Cucumbers & Cherry Tomatoes |
| Choice of Milk | 8 oz | <i>White 1% Fat or Fat Free</i> | | | | |
| FFVP SNACK | | AZ Rainbow Carrots | KUMATO TOMATO | Mandarin Orange | YELLOW ZUCCHINI | Watermelon |

Items are subject to availability and may change without prior notice

- Ranch Chicken Taco Salad: 2 cups romaine lettuce, ¼ cup bell peppers, ½ cup black beans, 3 oz. Taco Ranch Chicken, 1 bag corn chips
- Chicken Caesar Wrap: 2 cups romaine lettuce, 3 oz. Caesar chicken, parmesan cheese, Tortilla, Caesar dressing on the side
- Peach Cobbler Parfait: 1 cup vanilla yogurt, ½ cup cinnamon peaches, ½ cup granola

Please email Ms. Tirado, Food & Nutrition Manager, at tirado@concordiacharter.org with any questions or concerns!

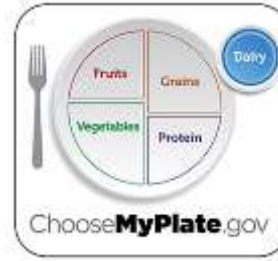

Concordia Charter School, Inc.
142 N. Date Street, Mesa, AZ 85201
480-461-0555

Connect with us!
concordiacharter.org



2020

September



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Eat Smart
to **Play Hard**



**Eat fruits and veggies
at meals and for snacks**

Have a safe &
healthy
FALL BREAK!!

NO SCHOOL
OCTOBER 5-16

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