




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








Lunch Menu Sept. 16-20, 2019

Monday	Taco Tuesday <i>Math Family Night @ 5pm</i>	Wednesday	Thursday	Farm Fresh Friday
Uncrustable PBJ Or Grilled Cheese Sandwich	Chicken Enchilada or Pork Nachos	Cheeseburger Or Deli Turkey & Cheese Sub	Beef Teriyaki w/Rice Or Beef Teriyaki Salad	Cowboy Cavatini Or Corn Dog
Veggie of the Day: Tomato Soup Saltine Crackers	Veggie of the Day: Refried Beans Tortilla Chips	Veggie of the Day: Sweet Potato Puff Oatmeal Cookie	Veggie of the Day: Asian Veggie Blend Fortune Cookie	Veggie of the Day: Spaghetti Squash WG Breadstick

Lunch Menu Sept. 23-27, 2019

Meatless Monday <i>1st Day of Autumn</i>	Taco Tuesday	Wednesday	Thursday	Farm Fresh Friday <i>** Early Release Day</i>
 Mac n' Cheese Or Yogurt Parfait & Muffin Veggie of the Day: Ranch Romaine-Calm Salad Whole Wheat Roll	Pork Fajitas or Cheezy Chic'n Burrito Veggie of the Day: Spinach & Kale Salad	Hot Dog or Holy Hummus Wrap Veggie of the Day: Baked Beans Oatmeal Cookie	Thai Chicken & Noodles Or Cheese Quesadilla Veggie of the Day: Asian Blend Veggies	CHEF'S CHOICE Veggie of the Day: Kale Yeah! Salad

Have a Safe & Healthy October Break: Sept. 30 - Oct. 11

-  **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 fruits are included when seasonal of available including: Banana, Grapes, Melons, Kiwi, Pineapple and others.
-  **Fresh Vegetables** includes daily Baby Carrots and others like: Broccoli Cauliflower, Celery, Cucumber, Assorted Peppers, Assorted Tomato, Lettuce, Spinach and other greens in addition of seasonal vegies like Kohlrabi, Peas and Beans.
-  Menu items are subject to change and availability.
-  **Questions? Email tirado@concordiacharter.org This institution is an equal opportunities provider**



