

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



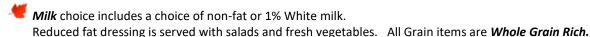
Lunch Menu Sept. 16-20, 2019

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

Lunch Menu Sept. 23-27, 2019

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

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



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 itirado@concordiacharter.org
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