



Nutrition & Wellness News Oct 27



Breakfast Menu - served 7:45-8:05 a.m.

Oct 24-27	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito* ^{pork}	Yogurt Parfait	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Oct 24-27	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Breadstick</u> Breadstick stuffed with Cheese and Marinara Sauce to dip	<u>Soam Bavi Bowl</u> The Soam Bavi bowl is a dish that features the tepary bean and includes chicken, cheese, salsa, with lettuce, & Pico de Gallo served with Tortilla Chips to create a filling dish that kids will love!	<u>Hot Ham and Cheese</u> Whole Wheat Sub Bun with Turkey Ham	<u>Asian Chicken & Noodles</u> Sesame Diced Chicken with Rice Noodles
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Assorted Fresh Fruits, Veggies, Salad and toppings.				

Fresh Fruit & Vegetable Program (FFVP)

FFVP Apple Week	Golden Delicious Angle Orchard, Wilcox, AZ	Gala Apples Angle Orchard, Wilcox, AZ	Blushing Golden Angle Orchard, Wilcox, AZ	Fuji Apples Angle Orchard, Wilcox, AZ
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This institution is an equal opportunities provider. Menu subject to change without prior notice.
Choice of 1% or fat-free milk offered with every meal.

**FRESH
FRUIT &
VEGETABLE
PROGRAM**

Mix it Up
WITH THE NATIONAL
SCHOOL LUNCH PROGRAM



Available to all students
at no charge



LEARN MORE

This institution is an equal opportunity provider.

Happy



NATIONAL

Farm to School!
MONTH

<p>TUESDAY 10/25 4-6PM FARM TO SCHOOL FAMILY NIGHT</p> <p><i>Family Night • Noche de Familia</i> <small>Colombia Charter School</small></p> <p>Goat & Chickens Garden Planting, Meet Farmer Sara, Smoothie Bike & more!</p> <p>This way to the garden →</p>	<p>MARTES 10/25 4-6PM NOCHE DE LA GRANJA A LA ESCUELA</p> <p><i>Family Night • Noche de Familia</i> <small>Colombia Charter School</small></p> <p>Cabra y pollos ¡Plantación de jardines, conoce a la granjera Sara, Smoothie Bike y más!</p> <p>DE ESTA MANERA AL JARDÍN</p>	<p><i>Family Night • Noche de Familia</i> <small>Colombia Charter School</small></p> <p>Cabra y pollos ¡Plantación de jardines, conoce a la granjera Sara, Smoothie Bike y más!</p>
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