



# Nutrition & Wellness News Nov.10, 2022

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



Nov. 14-17	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	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



Nov. 14-17	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheesy Spaghetti</u> Delicious Spaghetti with Marinara Sauce and topped with Mozzarella Cheese	 <u>Walking Taco</u> Turkey Taco Meat with Tortilla Chips	<u>Hamburger</u> Beef Burger with a Whole Wheat Bun	<u>Pepperoni Pizza</u> Cheese and Turkey Pepperonis on a Whole Wheat Crust
Cold Choice	<u>Peanut Butter &amp; 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 Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

## Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

## Fresh Fruit & Vegetable Program (FFVP)

FFVP	Mandarin Oranges	Armenian Cucumbers Blue Sky Organic Farms	Corno del Toro Pepper Pinnacle Farm	Pink Lady Apple Briggs & Eggers
------	------------------	--	--	------------------------------------

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.

From salad greens and melons, to bread and beans... We support Arizona producers by making local food a priority in our nutrition & wellness programs

Desde verduras para ensalada y melones, hasta pan y frijoles... Apoyamos a los productores de Arizona al hacer de la comida local una prioridad en nuestros programas de nutrición y bienestar.

We buy LOCAL  
Compramos LOCAL



**WHY PICK SCHOOL LUNCH  
FOR YOUR CHILD  
EVERY DAY?**

Our Nutrition team works hard to provide delicious and nutritious meals for every student, every day. Consider leaving the lunch box at home, and encourage your students to enjoy school meals!



English

**¿POR QUÉ ELEGIR ALMUERZO  
ESCOLAR PARA SU HIJO  
TODOS LOS DÍAS?**

Nuestro equipo de Nutrición trabaja arduamente para brindar comidas deliciosas y nutritivas para todos los estudiantes, todos los días. ¡Considere dejar la lonchera en casa y anime a sus estudiantes a disfrutar de las comidas escolares!



Español



*Nutrition & Wellness*

Facebook: @concordiacharterschool  
Instagram: @concordiacharterschoolmesa  
concordiacharter.org