



Nutrition & Wellness News Nov 3, 2022



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

Nov 7-11	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel Or Breakfast Bar	Breakfast Burrito	French Toast Sticks & Sausage	Breakfast Pizza
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples, Applesauce	Carrots, Apples, Peaches	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Nov 7-11	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Macaroni and Cheese</u> Kids Favorite Elbow Pasta with Cheese sauce	<u>Chicken Enchilada Nachos</u> Chicken cooked on a cheesy Sauce with Tortilla Chips	<u>Hot Dog</u> Turkey Hot Dog on Whole Wheat Bun	<u>Fish Sticks & Muffin</u> Delicious Breaded Cod fish sticks with a Corn muffin
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 Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

NEW- Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Zucchini Slices Blue Ski Organic Farms	Kohlrabi	Assorted Apples Briggs & Eggers Orchard, Wilcox	Celery Sticks
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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.

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.

**FRESH
FRUIT &
VEGETABLE
PROGRAM**

**WELCOME
TO THE
CONCORDIA
SALAD BAR!!**



**THANK
YOU**

to these partners
for helping us get
our new Salad Bar
program started!!



AN INITIATIVE OF
WASH STATE PROGRAMS



Students will start to see fresh salads and toppings on our salad bar this week. Here's a preview:

Monday- Assorted Fruits & Veggies (in pre-portioned bags)

Tuesday- Pico de Gallo salad, Black Beans, Leaf Lettuce, Pepper Slices

Wednesday- Spinach Salad, Edamame, Tomatoes, Bacon bits

Thursday- Caesar Salad, Croutons, Corn on the Cob, Cole Slaw