



Nutrition & Wellness News Jan. 19, 2023



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

Feb 20-23	Monday	Tuesday	Wednesday 	Thursday
Choice 1	No School	Breakfast Burrito 	Yogurt Parfait 	Breakfast Sandwich 
Choice 2	Presidents' Day	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3		Yogurt	Hardboiled Eggs	String Cheese
Sides	Tuesday is Family Night!	Carrots, Apples Assorted Fruit	Carrots, Apples Assorted Fruit	Carrots, Apples Assorted Fruit

Lunch Menu



Feb 20-23	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	No School Presidents' Day	<u>Chicken Chilaquiles</u> Breaded Chicken Bites cooked on Salsa with Tortilla Chips	<u>Hamburger</u> Beef Burger with a Whole Wheat Bun	<u>Pepperoni Pizza</u>  Cheese and Pork Pepperonis on a Whole Wheat Crust
Cold Choice		<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce & Salsa 	<u>Fun Box</u> Yogurt, String Cheese & Goldfish 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		Yellow Grape Tomatoes	Mandarin Oranges	Romanesco
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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 is 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




Family Night
Noche de Familia
Tuesday / Martes
Feb. 21 4-6pm



We are **in LOVE** with Arizona's Healthy Harvest

Arizona Grown

Try our Green Eggs & Ham Bites at Family Night!



Concordia Charter School
 building healthy habits one day at a time

Nutrition & Wellness

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