

Concordia Charter School Breakfast Menu

July 18-21 2022	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Granola-Yogurt Parfait	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 Cup Milk: FF or 1%	Carrots, Apples Cinni-Peaches Cup Milk: FF or 1%	Carrots, Apples Strawberry Cup Milk: FF or 1%	Carrots, Apples Fruit Cocktail Cup Milk: FF or 1%

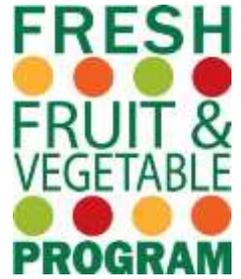
Concordia's Lunch Menu

July 18-21 2022	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice Menu	<u>Cheese Breadstick</u> Breadstick stuffed with Cheese and Marinara Sauce to dip	<u>Fiesta Chicken Wrap</u> Whole Wheat Tortilla with Chicken strips	<u>Hot Ham & Cheese Sub</u> Whole Wheat Sub Bun with Turkey Ham and Cheese	<u>Asian Chicken & Noodles</u> Sesame Diced Chicken with Rice Noodles
Cold Choice Menu	<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> Chicken Caesar on a bed of Romaine Lettuce with Parmesan Cheese and Croutons
Choices of Veggies	Spinach Salad Carrots Broccoli	Pico de Gallo Salad Refried Beans Corn	Slaw Cucumbers/Pickles Potato	Mix Greens Broccoli Carrots
Choices of Fruit	Apples Oranges Fruit of the day	Apples Oranges Fruit of the day	Apples Oranges Fruit of the day	Apples Oranges Fruit of the day

Fresh Fruit & Vegetable Program- Morning Snack

FFVP	Lemon Drop Cherry Tomatoes from Pinnacle Farms	Canary Melon from Agritopia Farms	Micro green of the Month Sunflower Sprouts From YoBro Farm	Sugar Baby Watermelon From Agritopia Farms
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Welcome Back to School!



This year marks our 12th year of participation in the Fresh Fruit and Vegetable Program (FFVP). We offer all students a fresh fruit and/or vegetable snack every day, and provide weekly nutrition lessons to help students gain an appreciation for fun & healthy new foods!

The goal of FFVP is to:

- Create healthier school environments by providing healthier food choices
- Expand the variety of fruits and veggies students experience
- Increase students' fruit and veggie consumption
- Make a difference in students' diets to impact their present and future health

Este año marca nuestro 12º año de participación en el Programa de Frutas y Verduras Frescas (FFVP). ¡Ofrecemos a todos los estudiantes un refrigerio de frutas y/o vegetales frescos todos los días, y proporcionamos lecciones de nutrición semanales para ayudar a los estudiantes a apreciar los nuevos alimentos divertidos y saludables!

El objetivo de FFVP es:

- *Crear ambientes escolares más saludables al brindar opciones de alimentos más saludables*
- *Ampliar la variedad de frutas y verduras que experimentan los estudiantes*
- *Aumentar el consumo de frutas y verduras de los estudiantes*
- *Hacer una diferencia en las dietas de los estudiantes para impactar su salud presente y future*

Concordia Charter School is committed to providing every student with a delicious, nutritious breakfast and lunch every day. This year we are collecting lunch applications in order to participate in a program that will allow us to **provide free school meals to all students this year** and for the next 3 years. Thank you for completely filling out and returning your lunch application quickly. We appreciate your support!

*Concordia Charter School se compromete a brindar a cada estudiante un desayuno y almuerzo delicioso y nutritivo todos los días. Este año estamos recolectando solicitudes de almuerzo para participar en un programa que nos permitirá proporcionar **comidas escolares gratuitas a todos los estudiantes este año** y durante los próximos 3 años. Gracias por llenar completamente y devolver su solicitud de almuerzo rápidamente. ¡Agradecemos su apoyo!*