



# Nutrition & Wellness News July 22, 2022

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



| July 25-28 | Monday                            | Tuesday                              | Wednesday                         | Thursday                              |
|------------|-----------------------------------|--------------------------------------|-----------------------------------|---------------------------------------|
| Choice 1   | Bagel                             | Breakfast Burrito                    | Granola-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<br>Applesauce Cup | Carrots, Apples<br>Cinni-Peaches Cup | Carrots, Apples<br>Strawberry Cup | Carrots, Apples<br>Fruit Cocktail Cup |

## Lunch Menu

| July 25-28         | Meatless Monday  | Taco Tuesday  | Wacky Wednesday  | Farm Fresh Thursday  |
|--------------------|--|---|--|--|
| Hot Choice         | <u>Cheese Quesadilla</u><br>Whole Wheat<br>Tortilla filled with<br>Melted Cheese                         | <u>Walking Beef Taco</u><br>Ground beef Taco meat<br>with a Bag of Tortilla Chips | <u>Orange Chicken and Rice</u><br>Delicious Breaded Chicken in<br>Spicy Orange Sauce and<br>Brown Rice | <u>French Toast</u><br>Local Whole Wheat French<br>Toast And Turkey Sausage                              |
| Cold Choice        | <u>Peanut Butter &amp; Jelly<br/>Sandwich</u><br>Whole Wheat Bread with<br>Peanut Butter and Grape Jelly | <u>Nacho Fun Box</u><br>Tortilla Chips,<br>Cheese Sauce,<br>Salsa                 | <u>Fun Box</u><br>Yogurt, String<br>Cheese & Gold Fish<br>Crackers                                     | <u>Chicken Caesar Salad</u><br>Caesar Chicken on Romaine<br>Lettuce with Parmesan<br>Cheese and Croutons |
| Choices of Veggies | Spinach Salad<br>Carrots, Broccoli   | Pico de Gallo Salad<br>Refried Beans, Corn  | Sugar Snap Peas<br>Broccoli, Carrots   | Mix Greens<br>Potatoes, Carrots  |
| Choice of Fruit    | Apples, Oranges<br>Fruit of the day  | Apples, Oranges<br>Fruit of the day   | Apples, Oranges<br>Fruit of the day  | Apples, Oranges<br>Fruit of the day  |

## Fresh Fruit & Vegetable Program (FFVP)

|      |           |                    |                  |       |
|------|-----------|--------------------|------------------|-------|
| FFVP | Cucumbers | Sweet Mini Peppers | Mandarin Oranges | Melon |
|------|-----------|--------------------|------------------|-------|

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.



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!*

**This year marks our 12<sup>th</sup> 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 12<sup>o</sup> 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 futura*