



Nutrition & Wellness News July 29, 2022

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



Aug. 1 st to 4 th	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	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 Applesauce Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Aug. 1 st to 4 th	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 on Cheese Enchilada 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 Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Choices of Veggies	Roasted Broccoli Carrots, Green Beans	Pico de Gallo Salad Refried Beans, Corn	Broccoli Slaw Salad Carrots & Peas, Cucumbers	Local Roasted Potatoes & Carrots, Mixed Greens Salad
Choice 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 (FFVP)

FFVP	Red Flame Grapes Pinnacle Farms, Phoenix	Honeydew Melon- Orange Flesh Crooked Sky Farms, Phoenix	Broccolini Whipstone Farms, Paulden	Mini Yellow Watermelon Pinnacle Farms, Phoenix
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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.



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 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 12^o 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