



Nutrition & Wellness News Aug 5, 2022



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

Aug. 8 th To 11 th	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Waffle and 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 Cup	Carrots, Apples Cinni-Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Aug. 8 th To 11 th	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheesy Spaghetti</u> Delicious Butter Noodles topped with Mozzarella Cheese	<u>Chicken Chilaquiles</u> Chicken cooked on a cheesy Sauce with Tortilla Chips	<u>Hamburger</u> Beef Burger with a Whole Wheat Bun	<u>Pepperoni Pizza</u> Cheese and Pepperonis on a Whole Wheat Crust
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	Broccoli Slaw Carrots, Green Beans	Pico de Gallo Salad, Refried Beans, Sweet Pepper Slices	Sliced Tomatoes, Leaf Lettuce and Pickles	Caesar Salad Local Armenian Cucumbers
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	Celery Aguiar Farms	Micro Green of the Month Sweet Pea Shoots YoBro Farms	Rainbow Carrots Blue Sky Organic Farms	Charleston Grey Watermelon Pinnacle Farms
------	------------------------	--	---	--

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**



- Eat Whole Grains
- Go Lean
- Vary Your Veggies
- Focus on Fruits
- Get Calcium
- Go Light (Oil)

Discover more with Pack-a-Snack® and at www.fitnessfinders.net

©2011, 2013

Grains Protein Vegetables Fruits Dairy

Incredible Edibles..

Grains	Protein	Vegetables	Fruits	Dairy
<i>Whole Grains</i>	<i>Go Lean</i>	<i>Vary Your Veggies</i>	<i>Focus on Fruit</i>	<i>Get Calcium</i>
bagel	beans	broccoli	apple	cheese
bread	chicken	carrot	banana	milk
cereal	egg	celery	berries	milk-based
crackers	fish	green bean	cherries	desserts
granola	lean meat	lettuce	grapes	yogurt
muffin	peanut butter	peas	kiwi	
oatmeal	nuts	pumpkin	orange	*Choose
popcorn	seeds	sweet potato	peach	lower-fat
tortilla	turkey	veggie juice	pineapple	items



MICROGREEN OF THE WEEK: SWEET PEA SHOOTS

PEA SHOOTS ARE VERY YOUNG SWEET PEA PLANTS! LOOK FOR CURLY TENDRILS, WHICH SWEET PEA PLANTS USE TO WRAP AROUND JUST ABOUT ANYTHING SO THEY CAN CLIMB. THESE SHOOTS ARE FULL OF VITAMINS C & A, AND ANTIOXIDANTS, WHICH HELP YOUR BODY FIGHT OFF ILLNESS AND STAY HEALTHY!

Concordia Charter School is an equal opportunities provider