

# Concordia Charter School

[concordiacharter.org/nutritionwellness](http://concordiacharter.org/nutritionwellness)

# August

# 2022

# K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
Hot Lunch	<b>Macaroni &amp; Cheese</b>	<b>Chicken Enchilada Nachos</b>	<b>Beef Hot Dog</b>	<b>Fish Sticks &amp; Corn Muffin</b>		Menu subject to change without prior notice
Or Cold Choice	Or PB & Jelly Sandwich Choices of Fruit and Veg	Or Nacho Fun Box Choices of Fruit and Veg	Or Yogurt Fun Box Choices of Fruit and Veg	Or Chicken Caesar Salad Choices of Fruit and Veg		
Breakfast Menu	Breakfast Wrap Or Cereal	Breakfast Burrito Or Cereal	Yogurt Parfait Or Cereal	Breakfast Sandwich Or Cereal		
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Hot Lunch	<b>Cheesy Spaghetti</b>	<b>Chicken Chilaquiles</b>	<b>Hamburger</b>	<b>Pepperoni Pizza</b>		
Or Cold Choice	Or PB & Jelly Sandwich Choices of Fruit and Veg	Or Nacho Fun Box Choices of Fruit and Veg	Or Yogurt Fun Box Choices of Fruit and Veg	Or Chicken Caesar Salad Choices of Fruit and Veg		
Breakfast Menu	Bagel Or Cereal	Breakfast Burrito Or Cereal	Waffle and Sausage Or Cereal	Breakfast Pizza Or Cereal		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hot Lunch	<b>Bosco Sticks</b>	<b>Fiesta Chicken Wrap</b>	<b>Hot Ham &amp; Cheese Sandwich</b>	<b>Asian Chicken Bowl</b>		
Or Cold Choice	Or PB & Jelly Sandwich Choices of Fruit and Veg	Or Nacho Fun Box Choices of Fruit and Veg	Or Yogurt Fun Box Choices of Fruit and Veg	Or Chicken Caesar Salad Choices of Fruit and Veg		
Breakfast Menu	Breakfast Wrap Or Cereal	Breakfast Burrito Or Cereal	Yogurt Parfait Or Cereal	Breakfast Sandwich Or Cereal		
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Hot Lunch	<b>Cheese Quesadilla</b>	<b>Walking Beef Taco</b>	<b>Orange Chicken</b>	<b>French Toast Sticks</b>		Join us for FAMILY NIGHT Aug. 23, 4-6pm
Or Cold Choice	Or PB & Jelly Sandwich Choices of Fruit and Veg	Or Nacho Fun Box Choices of Fruit and Veg	Or Yogurt Fun Box Choices of Fruit and Veg	Or Chicken Caesar Salad Choices of Fruit and Veg		
Breakfast Menu	Bagel Or Cereal	Breakfast Burrito Or Cereal	Waffle and Sausage Or Cereal	Breakfast Pizza Or Cereal		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
Hot Lunch	<b>Macaroni &amp; Cheese</b>	<b>Three Sisters Enchilada</b>	<b>Beef Hot Dog</b>			
Or Cold Choice	Or PB & Jelly Sandwich Choices of Fruit and Veg	Or Nacho Fun Box Choices of Fruit and Veg	Or Yogurt Fun Box Choices of Fruit and Veg			
Breakfast Menu	Breakfast Wrap Or Cereal	Breakfast Burrito Or Cereal	Yogurt Parfait Or Cereal			

\* Variety of milk is offered with lunch each day