

Concordia Charter School

Concordiacharter.org/nutritionwellness

February

2023

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
			Hot Ham & Cheese Sub Or Yogurt Fun Box Choices of Fruit and Veg Waffle and Sausage Or Cereal	Asian Chicken Bowl Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		
05	06	07	08	09	10	11
	Grilled Cheese Sand Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	Pork Taco Carnitas Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Orange Chicken & Rice Or Yogurt Fun Box Choices of Fruit and Veg Yogurt Parfait Or Cereal	Pancakes & Sausage Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Sandwich Or Cereal		
12	13	14	15	16	17	18
Celebrate Arizona Week	Macaroni & Cheese Or PB & Jelly Sandwich Choices of Fruit and Veg Bagel Or Cereal	Soam Bavi Bowl Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Beef Hot Dog Or Yogurt Fun Box Choices of Fruit and Veg Waffle and Sausage Or Cereal	Spaghetti & Meatballs** Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal	** Climate Smart Protein	
19	20	21	22	23	24	25
	Holiday President Day No School	Chicken Chilaquiles Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Hamburger Or Yogurt Fun Box Choices of Fruit and Veg Yogurt Parfait Or Cereal	Pepperoni Pizza Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Sandwich Or Cereal		
26	27	28				
	Bosco Sticks Or PB & Jelly Sandwich Choices of Fruit and Veg Bagel Or Cereal	Chicken Pozole Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal				

* Variety of milk is offered with lunch each day