



Nutrition & Wellness News Jan. 9, 2023

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



Jan. 9-12	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Pizza
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

Jan. 9-12	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Cheese Quesadilla</u> Local Whole Wheat Tortilla filled with Melted Cheese Tomato Soup	<u>Pork Carnitas Taco</u> Pork Carnitas on Hard Shell Taco	<u>Orange Chicken and Rice</u> Delicious Breaded Chicken on a Spicy Orange Sauce and Brown Rice	Pancakes & Sausage Whole Wheat Pancakes And Turkey Sausage
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

Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings

Fresh Fruit & Vegetable Program (FFVP)

FFVP-Local Orange Week	Mandarin From Agritopia Farm	Cara Cara Oranges From Pinnacle Farms	Tangerines From Agritopia Farm	AZ Sweet Oranges From Agritopia Farm
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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.

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.



HELP YOUR CHILD START STRONG EVERY DAY WITH OUR DELICIOUS & HEALTHY SCHOOL BREAKFASTS!

**offered at no charge to all enrolled students
 Served 7:45-8:05 AM
 Mon-Thurs



¡AYUDE A SU HIJO A COMENZAR BIEN TODOS LOS DÍAS CON NUESTROS DELICIOSOS Y SALUDABLES DESAYUNOS ESCOLARES!

**ofrecido sin cargo a todos los estudiantes inscritos
 Servido de 7:45 a 8:05 a. m.
 de lunes a jueves



Concordia Charter School is an equal opportunity provider
 Concordia Charter School es un proveedor de igualdad de oportunidades

WHY PICK SCHOOL LUNCH FOR YOUR CHILD EVERY DAY?

Our Nutrition team works hard to provide delicious and nutritious meals for every student, every day. Consider leaving the lunch box at home, and encourage your students to enjoy school meals!



English

¿POR QUÉ ELEGIR ALMUERZO ESCOLAR PARA SU HIJO TODOS LOS DÍAS?

Nuestro equipo de Nutrición trabaja arduamente para brindar comidas deliciosas y nutritivas para todos los estudiantes, todos los días. ¡Considere dejar la lonchera en casa y anime a sus estudiantes a disfrutar de las comidas escolares!



Español

Remember to check out our website for important program information!

¡Recuerde visitar nuestro sitio web para obtener información importante sobre el programa!

www.concordiacharter.org