

Concordia Charter School

Concordiacharter.org/nutritionwellness

January

2023

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01	02	03	04	05	06	07
	Winter Break	Winter Break	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		
08	09	10	11	12	13	14
	Cheese Quesadilla 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		
15	16	17	18	19	20	21
	No School	Chicken Enchilada Nachos 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	Cuban Sandwich Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		
22	23	24	25	26	27	28
	Cheesy Spaghetti Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	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		
29	30	31				
	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	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		

* Variety of milk is offered with lunch each day