

Concordia Charter School

Concordiacharter.org/nutritionwellness

November

2022

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		01	02	03	04	05
Hot Lunch	Fall Pancakes	Pork Taco Carnitas	Orange Chicken	Cheese Quesadilla		
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	Yogurt Parfait Or Cereal	Breakfast Sandwich Or Cereal		
06	07	08	09	10	11	12
Hot Lunch	Macaroni & Cheese	Walking Turkey Taco	Turkey Hot Dog	Fish Sticks & Cornbread	Veterans Day	
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		
13	14	15	16	17	18	19
Hot Lunch	Cheesy Spaghetti	Chicken Chilaquiles	Hamburger	Pepperoni Pizza		
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		
20	21	22	23	24	25	26
Hot Lunch	Bosco Sticks	Fiesta Chicken Wrap	Turkey & Gravy	Thanksgiving Break	Thanksgiving Break	
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	Bagel Or Cereal	Breakfast Burrito Or Cereal	Waffle and Sausage Or Cereal			
27	28	29	30			
Hot Lunch	Cheese Quesadilla	Pork Taco Carnitas	Orange Chicken			
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