

**Concordia Charter School**  
**Nutrition Services**

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

**October**

**2022**

**K-8**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>01</b>
	Menu is subject to change without prior notice					
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>	<b>08</b>
	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>		
	Have	a safe	and fun	break!		
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>		
	Eat	lots of	Veggies	& Fruits!		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Hot Lunch Or Cold Choice  Breakfast Menu	<b>Cheesy Spaghetti Squash</b> Or PB & Jelly Sandwich Choices of Fruit and Veg Bagel Or Cereal	<b>Chicken Chilaquiles</b> Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	<b>Hamburger</b> Or Yogurt Fun Box Choices of Fruit and Veg Waffle and Sausage Or Cereal	<b>Cheese Pizza</b> Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal	<--School Lunch Week!!! Wed. 10/19 is 1970's Day	
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Hot Lunch Or Cold Choice  Breakfast Menu	<b>Bosco Sticks</b> Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	<b>Soam Bavi Bowl</b> Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	<b>Turkey Ham &amp; Cheese</b> Or Yogurt Fun Box Choices of Fruit and Veg Yogurt Parfait Or Cereal	<b>Asian Chicken Bowl</b> Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Sandwich Or Cereal	<-- Farm to School Week!! Family Night 10/25 4-6pm	
<b>30</b>	<b>31</b>					
Hot Lunch Or Cold Choice  Breakfast Menu	<b>Harvest Party Pancakes</b> Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal					

\* Variety of milk is offered with lunch each day