



# Nutrition & Wellness News Sept 29, 2022

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



| Oct 17-20 | Monday                            | Tuesday   | Wednesday  | Thursday  |
|-----------|-----------------------------------|---|--|---|
| Choice 1  | Bagel                             | Breakfast Burrito  | Waffle & Sausage  | Breakfast Pizza  |
| Choice 2  | Assorted Cereal                   | Assorted Cereal   | Assorted Cereal  | Assorted Cereal   |
| Choice 3  | String Cheese                     | Yogurt  | Hardboiled Eggs  | String Cheese   |
| Sides     | Carrots, Apples<br>Applesauce Cup | Carrots, Apples<br>Cinni-Peaches Cup  | Carrots, Apples<br>Strawberry Cup  | Carrots, Apples<br>Fruit Cocktail Cup   |

## Lunch Menu



| Oct 17-20          | Meatless Monday  | Taco Tuesday  | Wacky Wednesday  | Farm Fresh Thursday   |
|--------------------|--|---|--|---|
| Hot Choice         | <u>Cheesy Spaghetti</u><br>Delicious Spaghetti with Marinara Sauce and topped with Mozzarella Cheese | <u>Chicken Chilaquiles</u><br>Breaded Chicken Bites cooked on Salsa with Tortilla Chips   | <u>Hamburger</u><br>Beef Burger with a Whole Wheat Bun   | <u>Pepperoni Pizza</u><br>Cheese and Turkey Pepperonis on a Whole Wheat Crust         |
| Cold Choice        | <u>Peanut Butter &amp; Jelly Sand</u><br>Whole Wheat Bread with Peanut Butter and Grape Jelly        | <u>Nacho Fun Box</u><br>Tortilla Chips, Cheese Sauce & Salsa  | <u>Fun Box</u><br>Yogurt, String Cheese & Gold Fish Cracker  | <u>Chicken Caesar Salad</u><br>Caesar Chicken on Romaine Lettuce with Parmesan Cheese |
| Choices of Veggies | Roasted Broccoli<br>Carrots, Green Beans   | Pico de Gallo Salad<br>Refried Beans, Corn  |  Roasted Potatoes'<br>Lettuce, Tomato & Pickles             | Caesar Salad<br>Cucumbers Slices  |
| Choice of Fruit    | Apples, Oranges<br>Fruit of the day  | Apples, Oranges<br>Fruit of the day   | Apples, Oranges<br>Fruit of the day  | Apples, Oranges<br>Fruit of the day   |

## Fresh Fruit & Vegetable Program (FFVP)

|      |       |               |            |                 |
|------|-------|---------------|------------|-----------------|
| FFVP | Apple | Orange Wedges | Watermelon | Cucumber Slices |
|------|-------|---------------|------------|-----------------|

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.

**FRESH  
FRUIT &  
VEGETABLE  
PROGRAM**

**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.

From salad greens and melons, to bread and beans... We support Arizona producers by making local food a priority in our nutrition & wellness programs

Desde verduras para ensalada y melones, hasta pan y frijoles... Apoyamos a los productores de Arizona al hacer de la comida local una prioridad en nuestros programas de nutrición y bienestar.

We buy LOCAL  
Compramos LOCAL



**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



Nutrition & Wellness

Facebook: @concordiacharterschool  
Instagram: @concordiacharterschoolmesa  
concordiacharter.org