



Nutrition & Wellness News Oct 28, 2022

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



Oct 31-Nov 3	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel	Breakfast Burrito	Waffle & Sausage	Breakfast Pizza
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

Let's Fall in love with School Lunch

Oct 31-Nov 3	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Fall Pancakes</u> Whole Wheat Pancakes with Pumpkin Sauce And Scrambled Eggs	<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	<u>Cheese Quesadilla</u> Local Whole Wheat Tortilla filled with Melted Cheese
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
Choices of Veggies	Orange Sesame Massaged Kale Spider Nest Spaghetti Squash	Pico de Gallo Salad Refried Beans, Corn	Roasted Broccoli <i>Carrots & Cucumbers</i>	Local Roasted Potatoes <i>Carrots, Green Beans</i>
Choice of Fruit	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day	Apples, Oranges Fruit of the day

Fresh Fruit & Vegetable Program (FFVP)

FFVP	Granny Smith Apples Briggs and Eggers Farm, Wilcox, AZ	Spicy Mix- Microgreen Rhiba Farms, SanTan Valley, AZ	Red Cherry & Yellow Pear Tomatoes Aguiar Farms, Paulden, AZ	Pink Lady Apples Briggs and Eggers Farm, Wilcox. AZ
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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.

FRESH
FRUIT &
VEGETABLE
PROGRAM

**FALL IN LOVE
WITH ARIZONA'S
FANTASTIC FALL
HARVEST**

APPLES & LETTUCE &
ZUCCHINI... OH MY!

EVERY MONTH IS
FARM TO SCHOOL MONTH!

CONCORDIA'S DEFINITION OF
"LOCAL" IS
**ANY FOOD GROWN OR
PRODUCED IN ARIZONA!**
THE CLOSER TO OUR SCHOOL,
THE BETTER!

WHAT IS
"LOCAL" FOOD?

OCTOBER IS FARM TO SCHOOL MONTH!!

**ENAMORARSE
CON ARIZONA
FANTÁSTICA
COSECHA DE OTOÑO**

MANZANAS, LECHUGA Y
CALABACÍN... ¡O MÍ!

CADA MES ES
MES DE LA GRANJA A LA ESCUELA!

OUR SALAD BAR IS
OPENING SOON!

¡NUESTRA SALAD BAR
ABRE PRONTO!