

Concordia Charter School

Concordiacharter.org/nutritionwellness

September

2022

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				01	02	03
Hot Lunch				Fish Stick & Cornbread		
Or Cold Choice				Or Chicken Caesar Salad		
Breakfast Menu				Choices of Fruit and Veg		
				Breakfast Sandwich		
				Or Cereal		
04	05	06	07	08	09	10
Hot Lunch	Labor Day Holiday	Chicken Chilaquiles	Hamburger	Turkey Pepperoni Pizza		
Or Cold Choice		Or Nacho Fun Box	Or Yogurt Fun Box	Or Chicken Caesar Salad		
Breakfast Menu		Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg		
		Breakfast Burrito	Waffle and Sausage	Breakfast Pizza		
		Or Cereal	Or Cereal	Or Cereal		
11	12	13	14	15	16	17
Hot Lunch	Bosco Sticks	Fiesta Chicken Wrap	Hot Turkey Ham & Cheese Sub	Asian Chicken Bowl		
Or Cold Choice	Or PB & Jelly Sandwich	Or Nacho Fun Box	Or Yogurt Fun Box	Or Chicken Caesar Salad		
Breakfast Menu	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg		
	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich		
	Or Cereal	Or Cereal	Or Cereal	Or Cereal		
18	19	20	21	22	23	24
Hot Lunch	Cheese Quesadilla	Pork Carnitas Taco	Orange Chicken	Pancakes		
Or Cold Choice	Or PB & Jelly Sandwich	Or Nacho Fun Box	Or Yogurt Fun Box	Or Chicken Caesar Salad		
Breakfast Menu	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg		
	Bagel	Breakfast Burrito	Waffle and Sausage	Breakfast Pizza		
	Or Cereal	Or Cereal	Or Cereal	Or Cereal		
25	26	27	28	29	30	
Hot Lunch	Macaroni & Cheese	Chicken Enchilada Nachos	Turkey Hot Dog	Fish Stick & Cornbread		
Or Cold Choice	Or PB & Jelly Sandwich	Or Nacho Fun Box	Or Yogurt Fun Box	Or Chicken Caesar Salad		
Breakfast Menu	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg	Choices of Fruit and Veg		
	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich		
	Or Cereal	Or Cereal	Or Cereal	Or Cereal		

* Variety of milk is offered with lunch each day