



# Nutrition & Wellness News April 3, 2023

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



April 3-6	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	Breakfast Sandwich
Choice 2	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
Choice 3	String Cheese	Yogurt	Hardboiled Eggs	String Cheese
Sides	Carrots, Apples Applesauce Cup	Carrots, Apples Assorted Fruit	Carrots, Apples Assorted Fruit	Carrots, Apples Assorted Fruit

## Lunch Menu



April 3-6	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<b>Cheesy Spaghetti</b> Delicious Spaghetti with Marinara Sauce and topped with Mozzarella Cheese	<b>Chicken Chilaquiles</b> Breaded Chicken Bites cooked on Salsa with Tortilla Chips	<b>Hamburger</b> Beef Burger with a Whole Wheat Bun	<b>NEW! BBQ Chicken</b> Bone-in Roasted Chicken Smothered on BBQ Sauce with Mashed potatoes & Biscuit
Cold Choice	<b>Peanut Butter &amp; Jelly Sand</b> Whole Wheat Bread with Peanut Butter and Grape Jelly	<b>Nacho Fun Box</b> Tortilla Chips, Cheese Sauce & Salsa	<b>Fun Box</b> Yogurt, String Cheese & Goldfish Cracker	<b>Chicken Caesar Salad</b> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

## Salad Bar

Variety of Salad, Vegetables, Fruits, Protein and Toppings.

## Fresh Fruit & Vegetable Program (FFVP) Snack



Mandarin from Pinnacle Farms	Rainbow Carrots from Blue Sky Organic Farms	Red Apples	Mineola from Justice Brothers Ranch
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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**

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CONCORDIA CHARTER SCHOOL & SUN PRODUCE CO-OP

## FarmRaiser Bag Pick-up

9:00 AM - 10:30 AM  
SATURDAY  
15 APRIL 2023

142 N. Date St., Mesa, AZ 85201

The FarmRaiser Program makes purchasing fresh, locally grown fruits and vegetables easy. By participating you will be supporting local growers as well as helping us raise funds for our 6th Grade Science Camp. Bags will be available for pick-up every other Saturday beginning April 15th!

To start shopping visit  
[www.sunproducecoop.csaware.com](http://www.sunproducecoop.csaware.com)  
and look for Concordia Charter School.

SNAP/EBT Benefits are accepted!

We are happy to announce the continuation of the FarmRaiser program! Our first pick-up will be held on April 15, 2023, from 9:00 am - 10:30 am at Concordia Charter School. Remember that the order deadline is Saturday at 12:00 pm noon for pick-up on the following Saturday. If you'd like to participate in the April 15th pick-up, please have your order placed by noon on April 8th. [Order here!](#)