

Concordia Charter School

Concordiacharter.org/nutritionwellness

March

2023

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
			Hot Ham & Cheese Sub Or Yogurt Fun Box Choices of Fruit and Veg Waffle and Sausage Or Cereal	Fish & Chips Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		
05	06	07	08	09	10	11
	Cheese Quesadilla Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	Pork Taco Carnitas Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Orange Chicken & Rice Or Yogurt Fun Box Choices of Fruit and Veg Yogurt Parfait Or Cereal	Pancakes & Eggs Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Sandwich Or Cereal		
12	13	14	15	16	17	18
	Spring Break	Spring Break	Spring Break	Spring Break		
19	20	21	22	23	24	25
	Spring Break	Spring Break	Spring Break	Spring Break		
26	27	28	29	30	31	
	Macaroni & Cheese Or PB & Jelly Sandwich Choices of Fruit and Veg Bagel Or Cereal	Chicken Enchilada Nachos Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Hot Dog Or Yogurt Fun Box Choices of Fruit and Veg Waffle and Sausage Or Cereal	Fish & Chips Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		

* Variety of milk is offered with lunch each day