



Nutrition & Wellness News March 9, 2023

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



Mar 27-30	Monday	Tuesday	Wednesday	Thursday
Choice 1	Bagel Or Breakfast Bar	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 Applesauce Cup	Carrots, Apples Peaches Cup	Carrots, Apples Strawberry Cup	Carrots, Apples Fruit Cocktail Cup

Lunch Menu

March 27-30	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	<u>Macaroni and Cheese</u> Kids Favorite Elbow Pasta with Cheese sauce	<u>Chicken Enchilada Nachos</u> Chicken cooked on a cheesy Sauce with Tortilla Chips	<u>Hot Dog</u> Turkey Hot Dog on Whole Wheat Bun	<u>Fish & Chips</u> Fish Sticks & Smiley Tots
Cold Choice	<u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Jelly	<u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	<u>Fun Box</u> Yogurt, String Cheese & Gold Fish Cracker	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese

Salad Bar

Variety of Salad, Vegetables, Fruits and Toppings.

Fresh Fruit & Vegetable Program (FFVP)



Fuji Apple	Cara-Cara Oranges	Red Bananas	Grapes
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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.

THREE-LEGGED RACE

FLAMINGO CHALLENGE

Carnival Theme

FITNESS NIGHT

SMOOTHIE BIKE

MUSICAL HULA-HOOPS

March 28, 2023 | From: 4pm - 5:30 pm
 Concordia Charter School

PRIZES

GAMES

BASKETBALL

BALL AND BUCKET TOSS

VOLLEYBALL




We are **in LOVE** with Arizona's Healthy Harvest

Arizona Grown

Great news! The Farmraiser Farm Bag distribution will begin again on Saturday April 15, 2023! For more information please visit www.sunproducecoop.org/select-your-pick-up-site

