



Nutrition & Wellness News April 3, 2023

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



May 1-4	Monday	Tuesday	Wednesday	Thursday
Choice 1	Breakfast Wrap	Breakfast Burrito	Yogurt Parfait	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 Assorted Fruit	Carrots, Apples Assorted Fruit	Carrots, Apples Assorted Fruit

Lunch Menu



May 1-4	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	Cheesy Spaghetti Delicious Spaghetti with Marinara Sauce and topped with Mozzarella	Chicken Chilaquiles Breaded Chicken Bites cooked on Salsa with Tortilla Chips	Hamburger Beef Burger with a Whole Wheat Bun	Turkey Enchilada Nachos Turkey cooked on a cheesy Sauce with Tortilla Chips
Cold Choice	Peanut Butter & Jelly Sand Whole Wheat Bread with Peanut Butter and Grape Jelly	Nacho Fun Box Tortilla Chips, Cheese Sauce & Salsa	Fun Box Yogurt, String Cheese & Goldfish Cracker	Chicken Caesar Salad Caesar Chicken on Romaine Lettuce with Parmesan Cheese

Salad Bar

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

Fresh Fruit & Vegetable Program (FFVP) Snack



Fresh Dates Pinnacle Farms	Mulberries Pinnacle Farms	White Satin Carrots Rhiba Farms	Celery Stick with Sun Butter Blue Ski Organic Farms
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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.



CONCORDIA CHARTER SCHOOL
142 N DATE ST
MESA, AZ 85201

OPEN ENROLLMENT

We are here to provide families a choice for high-quality educational opportunities in a safe, harmonious learning environment.

PROGRAM HIGHLIGHTS:

- ✓ 4 Day School Week
- ✓ Class Sizes Limited to 18 students
- ✓ Daily Individualized Instruction
- ✓ Free Breakfast and Lunch for All
- ✓ School Garden Program

ENROLL TODAY

480-461-0555
www.concordiacharter.org




Concordia families, we need your help! As we close out this school year, we are working on securing enrollment for the 2023-2024 school year. With our community changing, we do not have enough students enrolled for the upcoming school year. We are asking that you to help us increase our enrollment! With your help spreading the word, we know we can reach our goal. Thank you so much for your continued faith in our school.

Reminder

Don't forget to make changes to your Framraiser order by 11:59 AM this Saturday!

Concordia Charter School

To join the FarmRaiser family or make changes to your account, please [click here!](#)

Mix it Up
WITH THE NATIONAL SCHOOL LUNCH PROGRAM



Available to all students at no charge

LEARN MORE

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