

Concordia School Charter

Cocnordiacharter.org/Nutritionwellness

May

2023

K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	01	02	03	04	05	06
	Cheesy Spaghetti Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	Chicken Chilaquiles Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Hamburger Or Yogurt Fun Box Choices of Fruit and Veg Yogurt Parfait Or Cereal	Chicken Enchilada Nachos Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		
07	08	09	10	11	12	13
	Boscovs Sticks Or PB & Jelly Sandwich Choices of Fruit and Veg Breakfast Wrap Or Cereal	Walking Taco Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Breakfast Pizza Or Yogurt Fun Box Choices of Fruit and Veg Waffle & Sausage Or Cereal	Sloppy Joe Or Chicken Caesar Salad Choices of Fruit and Veg Breakfast Pizza Or Cereal		
14	15	16	17	18	19	20
Happy Mothers Day	Cheese Quesadilla Or PB & Jelly Sandwich Choices of Fruit and Veg Bagel Or Cereal	Pork Taco Carnitas Or Nacho Fun Box Choices of Fruit and Veg Breakfast Burrito Or Cereal	Asian Chicken Or Yogurt Fun Box Choices of Fruit and Veg Pancake & Sausage Or Cereal	Sack Lunch Ham Sanwich Choices of Fruit and Veg Breakfast Pizza Or Cereal	Enjoy Summer Vacation See you July 17, 2023	
21	22	23	24	25	26	27
28	29	30	31			

* Variety of milk is offered with lunch each day