



Nutrition & Wellness News May 8-11, 2022

Nutrition & Wellness

@concordiacharterschool
 @concordiacharterschoolmesa
concordiacharter.org

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

May 8-11	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 Assorted Fruits	Carrots, Apples Assorted Fruits	Carrots, Apples Assorted Fruits	Carrots, Apples Assorted Fruits

Lunch Menu

May 8-11	Meatless Monday	Taco Tuesday	Wacky Wednesday	Farm Fresh Thursday
Hot Choice	 <u>Cheese Breadstick</u> Breadstick stuffed with Cheese and Marinara Sauce to dip	<u>Walking Taco</u> Turkey Taco Meat with cheese and big bag of chips	 <u>Brunch for Lunch</u> Breakfast Bagel Pizza	<u>Sloppy Joe</u> Ground BBQ Beef on Hamburger bun
Cold Choice	 <u>Peanut Butter & Jelly Sand</u> Whole Wheat Bread with Peanut Butter and Grape Jelly	 <u>Nacho Fun Box</u> Tortilla Chips, Cheese Sauce, & Salsa	 <u>Fun Box</u> Yogurt, String Cheese & Gold Fish Crackers	<u>Chicken Caesar Salad</u> Caesar Chicken on Romaine Lettuce with Parmesan Cheese and Croutons
Assorted Fresh Fruits, Veggies, Salad and toppings.				



Fresh Fruit & Vegetable Program (FFVP)

Dragon Fruit	Passion Fruit	Baby Carrots Maya's Farm	Mulberries Pinnacle Farms
--------------	---------------	-----------------------------	------------------------------

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.