



Nutrition & Wellness September 2024 Menu

Nutrition & Wellness

@concordiacharterschool
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concordiacharter.org

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

September 2024		Meatless Monday	Taco Tuesday	Waffle Wednesday	Tasty Thursday
Breakfast	Sept 2-5	<i>HAPPY</i> <i>Labor Day</i>	Breakfast Burrito Egg & Sausage	Waffle & Scramble Eggs	Cheese Pizza stick
	Sept 9-12	Berry Cornmeal Muffin & Smoothie	Bean & Cheese Tostada	Go Nuts! Waffles	Pancake & Sausage on a Stick
	Sept 16-19	Egg Bite Muffin With Biscuit	Cheese Quesadilla	Waffle & Sausage	Parfait with Granola
	Sept 23-26	Breakfast Muffin & Smoothie	Breakfast Burrito Egg & Chorizo	Berry Waffles	Sausage Biscuit
	<i>Assorted Cereals as an alternative to Main Entrée</i> Daily Choice of Protein: String Cheese, Yogurt or Hard Boiled Egg Daily Choice of Fresh Fruits, Applesauce or Raisins Daily Choice of Skim or Fat Free White Milk				

Lunch Menu - served 11:30-12:55 p.m.

September 2024		Meatless Monday	Taco Tuesday	Where in the World? Wednesday	Thankful Thursday
Lunch	Sept 2-5		Pork Carnitas Taco	Thai Peanut Chicken Bowl	Beef Hot Dog Whole Wheat Bun
	Sept 9-12	Veggie Chili & Baked Potato	Chicken Enchilada Nachos	Roasted Chicken Dinner	Hamburger Whole Wheat Bun
	Sept 16-19	Grilled Cheese Sand Sopa Azteca	Walking Taco	Asian Chicken Bowl	It is Pizza Day!
	Sept 23-26	Macaroni & Cheese	Fiesta Bean & Cheese Burrito	Parmesan Chicken & Pasta	Sloppy Joe Sandwich
	Cold Choice Of The Day	Peanut Butter & Jelly	Nacho Fun Box	Chicken Caesar Salad	Yogurt Fun Box
Daily Salad Bar with Fresh Fruits, Salad and Vegetables Daily Choice of Skim or Fat Free White Milk					

Important dates:
 Sept. 11- Remembering 9/11
 Sept. 15- Constitution Day
 Sept. 25- Susan Day O'Connor

We Offer Fresh Fruit and Vegetable as a Snack Daily. Contains pork.

Available to all students at no charge

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This institution is an equal opportunity provider.

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Menu subject to change without prior notice. Meals are served Free of Charge.