

This institution is an equal opportunity provider

Name : November 2022 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Breakfast		<b>Croissant w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
Three items meet USDA Requirements (One item must be fruit)		Cheese Stick (1 Item)	Cheese Stick (1 Item)		
		Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
		Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Croissant w/ Non Dairy Spread (2 Items)</b>	<b>Cheerios Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)	Cheese Stick (1 Item)	Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Croissant w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)	Cheese Stick (1 Item)	Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Croissant w/ Non Dairy Spread (2 Items)</b>	<b>Cheerios Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)	Cheese Stick (1 Item)	Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week VI	Monday, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food	
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Croissant w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Connecting to Roots through Food</b>	
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)	Cheese Stick (1 Item)	Cheese Stick (1 Item)	The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	<b>Jason's 'Shoofly Pie Recipe' is on Page 2</b>	
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
Chef's Choice may be offered					

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

Shoofly Pie Recipe	
<b>Ingredients Needed:</b>  1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water	<b>Servings : 1 Pie</b>  <b>Steps:</b>  1. Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one.  There are two components to the filling, the molasses liquid mixture and the crumb topping.  <b>Crumb topping:</b> 2. Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency.  <b>Filling:</b> 3. Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together.  4. Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

**December 2022 Menu (Subject to Change)**

Week VI	Thursday, December 1, 2022	Friday, December 2, 2022
Breakfast   Three items meet USDA Requirements (One item must be fruit)	Sliced Bagel w/Cream Cheese (2 Items)   Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items)   100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered		

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Breakfast   Three items meet USDA Requirements (One item must be fruit)	Rice Chex Cereal Bowl (1 Item)  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items)   Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	Cheerios Cereal Bowl (1 Item)  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items)   Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items)   100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week II	Monday, December 12, 2022
Breakfast   Three items meet USDA Requirements (One item must be fruit)	Multigrain Cheerios Cereal Bowl (1 Item)  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered	

\* Skim and 1% milk choices offered daily.  
 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.