

Menu Name : Cornerstone Elementary PreK-8 Breakfast Menu

Grade Level / Age Group : K-8

Meal Pattern : NSLP

Meal: Breakfast

November - 2023

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Breakfast	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is in Page 2</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	Week VI
		<i>Chef's Choice may be offered</i>			

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Breakfast	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Croissant w/ Non Dairy Spread(2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	Week I	
							<i>Chef's Choice may be offered</i>

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
Breakfast	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Croissant w/ Non Dairy Spread(2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	Week II	
							<i>Chef's Choice may be offered</i>

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
Breakfast	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Croissant w/ Non Dairy Spread(2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	Week III	
							<i>Chef's Choice may be offered</i>

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
Breakfast	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Croissant w/ Non Dairy Spread(2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit OVS (1 item each)</p>	Week IV	
						<i>Chef's Choice may be offered</i>

*** Three items meet USDA Requirements (One item must be fruit) ***

MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1.Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1.Cook rice until fluffy. 2.Sauté pine nuts in butter until golden and toss them with the cooked rice. 3.Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1.Marinate chicken in oil, lemon pepper, paprika for a couple hours. 2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3.Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support

Friends Are Forever

46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!

Remember Friends are Friends Forever

-Steve

Friday, December 1, 2023

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

Breakfast

Week IV

Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>	<p>Croissant w/ Non Dairy Spread (2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>
<i>Chef's Choice may be offered</i>				

Breakfast

Week V

Monday, December 11, 2023	Tuesday, December 12, 2023
<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>	<p>Croissant w/ Non Dairy Spread(2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit <i>OVS</i> (1 item each)</p>
<i>Chef's Choice may be offered</i>	

Breakfast

Week VI