

Name : October 2022 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	Biscuit w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	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, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Breakfast	Rice Chex Cereal Bowl (1 Item)	Biscuit w/ Non Dairy Spread (2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	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, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	Biscuit w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	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 I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Breakfast	Rice Chex Cereal Bowl (1 Item)	Biscuit w/ Non Dairy Spread (2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	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 II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	An easy and tasty recipe for Thanksgiving, or even a barbeque night			
	<i>Cheese Stick (1 Item)</i>	"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.			
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	- Nora"			
	Choice Milk & Second Fruit OVS (1 item each)	Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			
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.

Loaded Potatoes - Recipe

Ingredients: * 8 Potatoes *1 Cup butter *1 Cup sour cream *1/2 tsp salt *1/2 Tbls ground black pepper *1 Cup bacon bites *3 whole pickled jalapenos (chop them into little pieces) <u>Reserve these for later</u> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	Servings: 16	Steps: 1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes. 2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later. 3. Mash the scooped flesh and mix all other ingredients. 4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes. 5. Garnish with cheese, green onions and loaded potatoes are ready to serve.
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November 2022 Menu (Subject to Change)

Week II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Breakfast	Biscuit w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
Three items meet USDA Requirements (One item must be fruit)	Banana (1 item)	Cheese Stick (1 Item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	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 III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Breakfast	Rice Chex Cereal Bowl (1 Item)	Biscuit w/ Non Dairy Spread (2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)	Banana (1 item)	Cheese Stick (1 Item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	100% 4.23 oz Fruit Juice (1 item)	Choice Milk & Second Fruit OVS (1 item each)	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)	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.