

Menu Name : Cornerstone Elementary PreK-8 Grades Lunch Menu
Grade Level / Age Group : K-8 Grades

Options Provided : Hot & Hot Vegetarian Meals
Meal Pattern : NSLP Meal: Lunch

October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Hot Meal	Classic Cheeseburger	Chicken & Egg Fried Rice	Beef Burrito Bowl	Mandarin Orange Chicken	Turkey Pepperoni Pizza Calzone	Week II
	WG Bun & Ketchup	WG Dinner Roll	Seasoned Beef & Warm Brown Rice	Steamed Brown Rice	Steamed Corn	
	CKC Baked Beans & Carrot Slims	Celery Sticks & Baby Carrots	Shredded Lettuce, Cheese & Crema	Sliced Cucumbers & Dip	Crisp Varietal Apple	
	Applesauce Cup	Chilled Pears	Garden Greens Salad & Homemade Dressing	Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Hot Meal	Chicken Tenders & Ketchup	CKC Sweet & Sour Meatballs	Cheese Hot Pocket	Greek Rice Bowl	Garlic Dusted French Bread Pizza	Week III
	Bakery Roll	Seasoned Rice	Fresh Sliced Cucumbers	Seasoned Meat, Steamed Rice	Italian Dip	
	Street Corn Salad	Baby Carrots	Banana	Tatziki Sauce	Garden Greens Salad & Dressing	
	Applesauce Cup	Chilled Pears	Choice Milk	Banzo Salad	Crisp Varietal Apple	
	Choice Milk	Choice Milk		Fresh Orange & Choice Milk	Choice Milk	
Hot Veg	Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Cheese Nachos	Cheesy Pull Aparts	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Hot Meal	Popcorn Chicken & Ketchup	"New" Korean BBQ Meatballs	"New" CKC Gyro	Golden Chicken Patty Sandwich	Brunch Lunch	Week IV
	WG Dinner Roll	Seasoned Rice	Greek Pita, Grilled Chix & Yogurt Sauce	Bakery Bun & Mayo	French Toast Sticks w/ No Sugar Fruit Compote	
	CKC Baked Beans	Celery Sticks & Carrot Slims	Diced Tomatoes & Sliced Cucumbers	Steamed Corn	Mixed Greens Salad & Dressing	
	Applesauce Cup	Chilled Pears	Banana	Fresh Orange	Crisp Varietal Apple	
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Buttermilk Pancakes w/ Fruit Compote & Yogurt	Bean Burrito	Stuffed Breadsticks w/ Dip	Veggie Calzone	Grilled Cheese Sandwich	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Hot Meal	Crunchy Chicken Tender Taco	Sweet & Sour Chicken	Taco Rice Bowl	"New" Chicken Tikka	SouthWest Chx Empanada Hot Pocket	Week V
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Steamed Rice, Seasoned Beef	WG Bakery Roll w/ Margarine	Broccoli Florets & Dressing	
	Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Sliced Cucumbers & Homemade Dip	Crisp Varietal Apple	
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Choice Milk	
	Applesauce Cup & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Nachos	Egg Fried Rice	Buttermilk Pancakes w/ Fruit Compote & Colby Cheese Omelet	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
Hot Meal	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>		Week VI
	Mayo	Bakery Rolls w/ Margarine	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorites 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>		
	WG Dinner Roll	Steamed Carrots w/ Parsley			
	CKC Baked Beans	Chilled Pears			
	Applesauce Cup & Choice Milk	Choice Milk			
Hot Veg	Grilled Cheese Sandwich	Cheese Calzone	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>		

*** Hot Veg meals are served with vegetables, fruit of the day & milk.

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLs Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed Sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLs butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Making Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
Hot Meal	"New" Butter Chicken Steamed Seasoned Rice Celery Sticks & Dip Banana Choice Milk <i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i>	Enchilada Rice Bowl Top your Steamed Rice with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Corn Fresh Orange & Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Fruited Yogurt Cup Garden Greens Salad & Dressing Crisp Varietal Apple & Choice Milk
		Stuffed Dipping Bites w/ Sauce	Bean & Cheese Burrito
Hot Veg			

	Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023
Hot Meal	Cheese Calzone Hot Pocket Celery Sticks & Baby Carrots Applesauce Cup Choice Milk	"New" Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Baby Carrots Chilled Pears & Choice Milk	Fresh Hot Pizza Chilled Sweet Pea Salad Banana Choice Milk	Chicken Tenders w/ Youza Dip CKC Baked Beans Fresh Orange Choice Milk WG Roll w/Margarine	Twisted Cheesy Breadsticks Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk
		Stuffed Dipping Bites w/ Sauce	Fresh Hot Cheese Pizza	Veggie Burrito	Buttermilk Pancakes w/ Fruit Compote & Yogurt
Hot Veg	Cheese Calzone				