

Name : January 2023 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>  Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>  Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>  Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>  Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>  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, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>  Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>  Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>  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, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>  Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>  Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					
Week III	Monday, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>  Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Heart and Soul Warming Winter Food</b>  Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.  Warm up this winter with some Hotdish.  --Shawn Mueller		
Chef's Choice may be offered		'Tater Tot Hotdish' recipe is on Page 2			

\* 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.

<b>Tater Tot Hotdish Recipe</b>		
<b>Ingredients :</b>  •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded	<b>Serves 4-6</b>	<b>Steps:</b>  •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

**February 2023 Menu (Subject to Change)**

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023
<b>Breakfast</b>  Three items meet USDA Requirements (One item must be fruit)	<b>Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>   Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>   100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered			

Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
<b>Breakfast</b>  Three items meet USDA Requirements (One item must be fruit)	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Croissant w/ Non Dairy Spread (2 Items)</b>   Banana (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Rice Chex Cereal Bowl (1 Item)</b>  Cheese Stick (1 Item)  100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>   Applesauce (1 item)  Choice Milk & Second Fruit OVS (1 item each)	<b>Granola Bites w/ Yogurt (2 Items)</b>   100% 4.23 oz Fruit Juice (1 item)  Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

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