

Menu Name : September 2023 Cornerstone Elementary PreK-8 Grades Lunch Menu

Options Provided : Hot & Hot Vegetarian

Grade Level / Age Group : K-8 Grades

Meal Pattern : NSLP

Meal: Lunch

Chef Spotlight		Friday, September 1, 2023
Hot Meal	JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER	
	Chicken Salad Sandwich	
<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>		
Hot Veg		

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023
Hot Meal			"New" CKC Gyro	Golden Chicken Patty Sandwich	Brunch Lunch
			Greek Pita, Grilled Chix & Yogurt Sauce	Bakery Bun & Mayo	French Toast Sticks w/ No Sugar Fruit Compote
			Diced Tomatoes & Sliced Cucumbers	Steamed Corn	Mixed Greens Salad & Dressing
			Banana	Fresh Orange	Crisp Varietal Apple
Hot Veg			Choice Milk	Choice Milk	Choice Milk
			Stuffed Breadsticks w/ Dip	Veggie Calzone	Grilled Cheese Sandwich

	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023
Hot Meal	Crunchy Chicken Tender Taco	Sweet & Sour Chicken	Taco Rice Bowl	"New" Chicken Tikka	SouthWest Chx Empanada Hot Pocket
	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, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023
Hot Meal	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)	"New" Butter Chicken	Enchilada Rice Bowl	Brunch Lunch
	Mayo	Bakery Rolls w/ Margarine	Steamed Seasoned Rice	Top your Steamed Rice with delicious Chicken Enchilada	Buttermilk Pancakes & Syrup
	WG Dinner Roll	Steamed Carrots w/ Parsley	Celery Sticks & Dip	Shred cheese & boom sauce	Fruited Yogurt Cup
	CKC Baked Beans	Chilled Pears	Banana	Steamed Corn	Garden Greens Salad & Dressing
	Applesauce Cup & Choice Milk	Choice Milk	Choice Milk	Fresh Orange & Choice Milk	Crisp Varietal Apple & Choice Milk
Hot Veg	Grilled Cheese Sandwich	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Bean & Cheese Burrito	French Bread Pizza

	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023
Hot Meal	Cheese Calzone Hot Pocket	"New" Bengali Chicken & Potato Kathi Roll	Fresh Hot Pizza	Chicken Tenders w/ Youza Dip	Twisted Cheesy Breadsticks
	Celery Sticks & Baby Carrots	WG Wrap, Chix & Potato Filling	Chilled Sweet Pea Salad	CKC Baked Beans	Cold Italian Dip
	Applesauce Cup	Bengali Sauce (Yogurty Chutney)	Banana	Fresh Orange	Mixed Greens Salad & Dressing
	Choice Milk	Baby Carrots	Choice Milk	Choice Milk	Crisp Varietal Apple
		Chilled Pears & Choice Milk		WG Roll w/Margarine	Choice Milk
Hot Veg	Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Fresh Hot Cheese Pizza	Veggie Burrito	Buttermilk Pancakes w/ Fruit Compote & Yogurt

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

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2 lbs Chicken (chunked) • 1 cup Grapes (halved) • 1 Gala Apple (diced) • ½ cup Red Onion (finely diced) • 1/3 cup Celery (finely diced) • 2 tablespoon Honey Mustard • ¼ teaspoon Garlic Powder • 1/4 teaspoon Black Pepper • ½ teaspoon salt • ¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1. Break down cooked chicken into chunks. 2. Dice apple, onion, celery, slice grapes in half. 3. Combine everything, mix till well incorporated. 4. Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	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	
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	
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	
Hot Veg	Buttermilk Pancakes w/ Fruit Compote & Yogurt	Bean Burrito	Stuffed Breadsticks w/ Dip	Veggie Calzone	Grilled Cheese Sandwich	