

Name : December 2022 Cornerstone Elementary K-8 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals			
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week VI	Chef Spotlight - Justin Kilmer, Warehouse Manager			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	Festive Vibes & Food			Chicken Fritters w/ Ranch Dip	Cheese Hot Pocket
	I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family!			Bakery Roll	Red Sauce
	- Justin			Seasoned Black Beans	Mixed Salad w/Dressing
Hot Veg	Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2			Cheese Quesadilla	Cheese Hot Pocket w/ Sauce
Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	Creamy Mac & Cheese	All Beef Hot Dog	Fresh Hot Pizza	Chicken Tinga Walking Taco	Sweet & Sour Chicken
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Fresh Sliced Cucumbers & Dip	Seasoned Chicken & Fresh Cilantro	Steamed Seasoned Brown Rice
	Fresh Baby Carrots	CKC Baked Beans	Banana	Crema, Corn Salsa & Fritos Corn Chips	Crisp Fresh Broccoli
	Variety Applesauce	Chilled Peaches	Choice Milk	Fresh Orange	Crisp Apple
Choice Milk	Cheddar Cheese Crisps & Choice Milk		Choice Milk	Choice Milk	
Hot Veg	Creamy Mac & Cheese	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza	Smothered Garden Patty w/ WG Roll	Stuffed Breadsticks w/ Sauce
Week II	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Hot Meal	BBQ Beef Sandwich	Hawaiian Chicken	Meatball Sub w/Mozzarella	Brunch Lunch	Beef Fried Rice
	Sunchips	Seasoned Rice, Chopped Cilantro	Corn Salad	Buttermilk Pancakes & No Sugar Fruit Compote	Steamed Carrots
	CKC Baked Beans	Fresh Broccoli & Dip	Banana	Scrambled Eggs w/ Cheese	Crisp Apple
	Variety Applesauce	Chilled Peaches	Choice Milk	Celery Sticks	Choice Milk
Choice Milk	Choice Milk		Fresh Orange & Choice Milk		
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese & WG Roll	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes w/Scrambled Eggs	Egg Fried Rice
Week III	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
Hot Meal	Premium Chicken Nuggets	Mandarin Orange Chicken	Good Ole Fashioned Hamburger	Cheesy Lasagna Roll	Authentic Chicken Stir Fry
	Ketchup	Steamed Brown Rice	w/ Pickle Rounds & Ketchup	Mixed Salad & Dressing	Seasoned Rice
	Fresh Bakery Roll	Fresh Broccoli & Ranch	Corneriffica Salad	Fresh Orange	Seasoned Black Beans
	Baby Carrots & Dip	Chilled Peaches	Veggie Crisps	WG Roll	Crisp Apple
Variety Applesauce & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce
Week IV	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
Hot Meal	Queso Meatball Sub	Breaded Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Sheet Pan Chicken
	WG Bun & Cilantro	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ No Sugar Fruit Compote	Dinner Roll
	Cheesy Refried Beans	Baby Carrots & Dip	Tatziki Sauce	Celery Sticks	Mixed Greens Salad & Dressing
	Variety Applesauce	Chilled Peaches	Corn Salsa	Fresh Orange	Crisp Apple
Cheddar Cheese Crisps & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks w/ No Sugar Fruit Compote	Grilled Cheese Sandwich

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

Ingredients : •5 medium parsnips, peeled and sliced •5 small carrots, sliced •3 medium turnips, peeled and cubed •1 large sweet potato, peeled and cubed •1 small rutabaga, peeled and cubed •1 large sweet onion, cut into wedges •1 small red onion, cut into wedges •2 tablespoons olive oil •1 tablespoon minced fresh ginger root •1 teaspoon salt •1/2 teaspoon pepper •1 cup maple syrup	Serves 5-6	Steps: •Place the vegetables (first 7 ingredients listed) in a large bowl. •Add the oil, ginger, salt and pepper and toss well to coat. •Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. •Bake uncovered, at 425° for 25 minutes, stirring once. •Drizzle with syrup. •Bake until vegetables are tender, 20-25 minutes longer, stirring once more.
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January 2023 Menu (Subject to Change)

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Sesame Chicken	Cheesy Quesadilla
Hot Meal	WG Bakery Bun & Ketchup Goldfish Pretzels Baby Carrots Variety Applesauce & Choice Milk	WG Dinner Rolls Mashed Potatoes Chilled Peaches Choice Milk	Mixed Greens Salad & Dressing Banana WG Roll Choice Milk	Steamed Seasoned Rice Sliced Cucumbers Fresh Orange Choice Milk	Cheesy Refried Beans Crisp Apple Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Quesadilla

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	
	Swedish Meatballs	Cheesy Lasagna Roll	Cheeseburger	
Hot Meal	Dinner Rolls Cornerrific Salad Variety Applesauce Choice Milk	Bakery Roll Fresh Broccoli & Dip Chilled Peaches Choice Milk	Fresh Bakery Bun & Ketchup Baby Carrots & Dip Banana Choice Milk	
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	

* 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.