

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

Meal Pattern : NSLP

Meal : Breakfast

JANUARY - 2025

Breakfast	<p>COLOR YOUR TRAY: The Power of Fruits in School Meals</p> <p>From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being.</p> <p>Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.</p>	Wednesday, January 1, 2025	Thursday, January 2, 2025	Friday, January 3, 2025	Week I
		WINTER BREAK - NO SCHOOL			
<p>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</p>					

Breakfast	Monday, January 6, 2025	Tuesday, January 7, 2025	Wednesday, January 8, 2025	Thursday, January 9, 2025	Friday, January 10, 2025	Week II
	<p>Staff PD Day NO SCHOOL for CHILDREN</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Hard Boiled Egg (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<p>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</p>						

Breakfast	Monday, January 13, 2025	Tuesday, January 14, 2025	Wednesday, January 15, 2025	Thursday, January 16, 2025	Friday, January 17, 2025	Week III
	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Multigrain Cheerios Cereal Bowl (1 Item)</p> <p>Hard Boiled Egg (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<p>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</p>						

Breakfast	Monday, January 20, 2025	Tuesday, January 21, 2025	Wednesday, January 22, 2025	Thursday, January 23, 2025	Friday, January 24, 2025	Week IV
	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Cheerios Cereal Bowl (1 Item)</p> <p>Hard Boiled Egg (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<p>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</p>						

Breakfast	Monday, January 27, 2025	Tuesday, January 28, 2025	Wednesday, January 29, 2025	Thursday, January 30, 2025	Friday, January 31, 2025	Week V
	<p>Rice Chex Cereal Bowl (1 Item)</p> <p>Cheese Stick (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>Applesauce (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Multigrain Cheerios Cereal Bowl (1 Item)</p> <p>Hard Boiled Egg (1 Item)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Sliced Bagel w/Cream Cheese (2 Items)</p> <p>Banana (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	<p>Granola Bites w/ Yogurt (2 Items)</p> <p>100% 4.23 oz Fruit Juice (1 item)</p> <p>Choice Milk & Second Fruit (1 item each)</p>	
<p>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</p>						

*** Three Items meet USDA requirements (One Item must be fruit).

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.