

Name : March 2023 Cornerstone Elementary K-8 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals			
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	<b>Easier than you think to make and the results are so WORTH IT!</b> We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		<b>Fresh Hot Pizza</b> Fresh Sliced Cucumbers & Dip Banana Choice Milk	<b>Chicken Tinga Walking Taco</b> Seasoned Chicken & Fresh Cilantro Crema, Steamed Seasoned Corn & Fritos Corn Chips Fresh Orange Choice Milk	<b>Sweet &amp; Sour Chicken</b> Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
	Hot Veg	'Homemade Marshmallows' recipe is on Page 2		<b>Fresh Hot Cheese Pizza</b>	<b>Smothered Garden Patty w/ WG Roll</b>
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	<b>BBQ Beef Sandwich</b> Sunchips CKC Baked Beans Variety Applesauce Choice Milk	<b>Grilled Cheese Sandwich</b> Fresh Broccoli & Dip Chilled Pears Milk	<b>Meatball Sub w/Mozzarella</b> Steamed Seasoned Corn Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & No Sugar Fruit Compote Scrambled Eggs w/ Cheese Sliced Cucumbers Fresh Orange & Choice Milk	<b>Beef Fried Rice</b> Steamed Carrots Crisp Apple Choice Milk
	Hot Veg	<b>BBQ Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Pancakes w/ Fruit Compote (No Sugar) &amp; Scrambled Eggs</b>	<b>Egg Fried Rice &amp; WG Roll</b>
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	<b>Premium Chicken Nuggets</b> Ketchup Fresh Bakery Roll Baby Carrots & Dip Variety Applesauce & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Fresh Broccoli & Ranch Chilled Pears Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/ Pickle Rounds & Ketchup Steamed Seasoned Corn Veggie Crisps Banana & Choice Milk	<b>Chicken Fritters w/ Dip</b> Mixed Salad & Dressing Fresh Orange WG Roll Choice Milk	<b>Chicken Enchilada</b> WG Tortilla, Shred Cheese Seasoned Black Beans Crisp Apple Choice Milk
	Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>	<b>Mozzarella Pinwheel</b>
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	<b>Mongolian Meatballs</b> Steamed Rice Steamed Seasoned Corn Variety Applesauce Choice Milk	<b>Breaded Chicken Patty &amp; Cheese Sandwich</b> Bakery Bun & Ketchup Baby Carrots & Dip Chilled Pears Choice Milk	<b>Greek Nachos ****(Student Favorite)****</b> Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Bean Salsa Banana & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ No Sugar Fruit Compote Fresh Greens Salad & Dressing Fresh Orange Choice Milk	<b>Sheet Pan Chicken</b> Dinner Rolls Steamed Green Beans Crisp Apple Choice Milk
	Hot Veg	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>	<b>French Toast Sticks w/ No Sugar Fruit Compote</b>
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	<b>Mozzarella Burger</b> WG Bakery Bun & Ketchup Goldfish Pretzels Baby Carrots Variety Applesauce & Choice Milk	<b>Pomodoro Meatballs</b> WG Dinner Roll Mashed Potatoes Chilled Pears Choice Milk	<b>Creamy Mac &amp; Cheese</b> Mixed Greens Salad & Dressing Banana WG Roll Choice Milk	<b>Sesame Chicken</b> Steamed Seasoned Rice Sliced Cucumbers Fresh Orange Choice Milk	<b>Cheesy Quesadilla</b> Cheesy Refried Beans Crisp Apple Choice Milk
	Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Roll</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Bosco Sticks &amp; Sauce</b>

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

<b>Homemade Marshmallows</b>	
<b>Ingredients:</b>	<b>Steps</b> <span style="float: right;"><b>Serves 6-7</b></span>
<ul style="list-style-type: none"> <li>•1 cup cold water, divided</li> <li>•3 0.25 ounce packets unflavoured gelatin</li> <li>•1 ½ cup granulated sugar</li> <li>•1 cup light corn syrup</li> <li>•¼ teaspoon fine salt</li> <li>•2 teaspoons vanilla extract</li> <li>•2/3 cup confectioners' sugar, divided</li> </ul>	<ol style="list-style-type: none"> <li>1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms.</li> <li>2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear.</li> <li>3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine.</li> <li>4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns.</li> <li>5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size.</li> <li>6. Add the vanilla extract and whisk for an additional minute.</li> <li>7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it.</li> <li>8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula.</li> <li>9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight.</li> <li>10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking.</li> <li>11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.</li> </ol>

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

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	<b>Brunch Lunch</b>	<b>Macaroni &amp; Meatsauce</b>	<b>Cheeseburger</b>	<b>Chicken Fritters w/ Ranch Dip</b>	<b>Cheese Hot Pocket</b>
	Pancake & Fruit Compote (No Sugar)	Baby Carrots & Dip	Fresh Bakery Bun & Ketchup	Bakery Roll	Red Sauce
Hot Meal	Scrambled Eggs w/ Cheese	Chilled Pears	Steamed Seasoned Corn	Seasoned Black Beans	Mixed Salad w/Dressing
	Fresh Broccoli & Dip	Milk	Banana	Fresh Orange	Crisp Apple
	Applesauce Cup & Milk		Choice Milk	Choice Milk	Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Mozzarella Pinwheel</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Cheese Hot Pocket w/ Sauce</b>

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	<b>Creamy Mac &amp; Cheese</b>	<b>All Beef Hot Dog</b>	<b>Fresh Hot Pizza</b>	<b>Chicken Tinga Taco</b>	<b>Sweet &amp; Sour Chicken</b>
	Soft Dinner Rolls	WG Bun, Ketchup & Mustard	Sliced Cucumbers w/Dressing	WG Tortilla, Seasoned Chicken & Crema	Steamed Seasoned Brown Rice
Hot Meal	Fresh Baby Carrots	CKC Baked Beans	Banana	Steamed Seasoned Corn	Fresh Broccoli & Dip
	Variety Applesauce	Chilled Pears	Milk	Chilled Mandarin Oranges	Crisp Apple Wedges
	Choice Milk	Cheddar Cheese Crisps & Choice Milk		Milk	Milk
Hot Veg	<b>Stuffed Breadsticks w/ Sauce</b>	<b>Grilled Cheese Sandwich</b>	<b>Fresh Hot Pizza</b>	<b>Smothered Garden Patty w/ WG Roll</b>	<b>Creamy Mac &amp; Cheese &amp; WG Roll</b>

**NOTES**

\*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times.  
 \*\*These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.  
 Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.