

Name: September 2022 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group: K-8		Meal: Breakfast		Meal Pattern: NSLP	
Week V	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)			Thursday, September 1, 2022	Friday, September 2, 2022
Breakfast	<b>Who said cooking is for eating?</b>				
	Some of my favorite recipes are not actually for eating. This <b>HOMEMADE SILLY PUTTY RECIPE</b> is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?				
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want. - Barb				
Three items meet USDA Requirements (One item must be fruit)	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2				
Week VI	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Breakfast			<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
			<i>Cheese Stick (1 Item)</i>		
			100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)			Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					
Week I	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Cheerios Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					
Week II	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					
Week III	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Cheerios Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
Three items meet USDA Requirements (One item must be fruit)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

\* 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.

**Homemade Silly Putty - Recipe**

**Ingredients**

**Steps :**

- \* Large Bowl, fork / small silicone spatula
- \* 1 cup Corn Starch
- \* ½ cup Dish soap
- \* 1 tbsp Baby oil/Cooking oil
- \* 3 drops of Food coloring

1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.
2. Add oil and food coloring, mix with fork/spatula.
3. Now for the science part --- use your hands to knead the putty until it is smooth.
4. The putty will last about an hour - if you want to save some for later seal it in an air-tight container.

**October 2022 Menu (Subject to Change)**

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Breakfast	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Cheerios Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Breakfast	<b>Multigrain Cheerios Cereal Bowl (1 Item)</b>	<b>Biscuit w/ Non Dairy Spread (2 Items)</b>	<b>Rice Chex Cereal Bowl (1 Item)</b>	<b>Sliced Bagel w/Cream Cheese (2 Items)</b>	<b>Granola Bites w/ Yogurt (2 Items)</b>
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

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\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.