

Menu Name : Cornerstone Elementary PreK-8 Breakfast Menu												
Grade Level / Age Group : K-8 Grades		Meal Pattern : NSLP		Meal : Breakfast								
OCTOBER - 2024												
Breakfast	Tuesday, October 1, 2024		Wednesday, October 2, 2024		Thursday, October 3, 2024	Friday, October 4, 2024	Week VI					
	Granola Bites w/ Yogurt (2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)			Granola Bites w/ Yogurt (2 Items)				
			<i>Hard Boiled Egg (1 Item)</i>									
	<i>Applesauce (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Banana (1 item)</i>			<i>100% 4.23 oz Fruit Juice (1 item)</i>				
<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>						
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.												
Breakfast	Monday, October 7, 2024		Tuesday, October 8, 2024		Wednesday, October 9, 2024		Thursday, October 10, 2024		Friday, October 11, 2024		Week I	
	Rice Chex Cereal Bowl (1 Item)		Granola Bites w/ Yogurt (2 Items)		Multigrain Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)			
	<i>Cheese Stick (1 Item)</i>				<i>Hard Boiled Egg (1 Item)</i>							
	<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Applesauce (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Banana (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>			
<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>				
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.												
Breakfast	Monday, October 14, 2024		Tuesday, October 15, 2024		Wednesday, October 16, 2024		Thursday, October 17, 2024		Friday, October 18, 2024		Week II	
	Rice Chex Cereal Bowl (1 Item)		Granola Bites w/ Yogurt (2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)			
	<i>Cheese Stick (1 Item)</i>				<i>Hard Boiled Egg (1 Item)</i>							
	<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Applesauce (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Banana (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>			
<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>				
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.												
Breakfast	Monday, October 21, 2024		Tuesday, October 22, 2024		Wednesday, October 23, 2024		Thursday, October 24, 2024		Friday, October 25, 2024		Week III	
	Rice Chex Cereal Bowl (1 Item)		Granola Bites w/ Yogurt (2 Items)		Multigrain Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)			
	<i>Cheese Stick (1 Item)</i>				<i>Hard Boiled Egg (1 Item)</i>							
	<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Applesauce (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Banana (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>			
<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>				
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.												
Breakfast	Monday, October 28, 2024		Tuesday, October 29, 2024		Wednesday, October 30, 2024		Thursday, October 31, 2024		Farm-To-School - What & Why?			Week IV
	Rice Chex Cereal Bowl (1 Item)		Granola Bites w/ Yogurt (2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		October is Farm-to-School Month in the U.S., a time for students to learn about locally grown and produced food items supplied by nearby farmers, producers and ranchers. Farm-to-school foods ensure the freshest foods in school meals and help support local economies.			
	<i>Cheese Stick (1 Item)</i>				<i>Hard Boiled Egg (1 Item)</i>							
	<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Applesauce (1 item)</i>		<i>100% 4.23 oz Fruit Juice (1 item)</i>		<i>Banana (1 item)</i>					
<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>		<i>Choice Milk & Second Fruit (1 item each)</i>						
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.												

*** 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.



NOVEMBER 2024 Menu (Subject to Change)						
Breakfast	What is CKC Good Food's Role in supporting Farm Fresh Foods?				Friday, November 1, 2024	Week IV
	<p>CKC Good Food regularly features food items that are sourced from local food vendors. Some of the local and regional producers featured on our menus include Bushel Boy Farms (Owatonna, MN), Wescott Orchards (Elgin, MN) and Prairie Farms dairy farmers.</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><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>	
Breakfast	Monday, November 4, 2024	Tuesday, November 5, 2024	Wednesday, November 6, 2024	Thursday, November 7, 2024	Friday, November 8, 2024	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>						
Breakfast	Monday, November 11, 2024					Week VI
	<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><i>Entrée is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée.</i></p>					