

Name : February 2023 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week III	Wednesday, February 1, 2023		Thursday, February 2, 2023		Friday, February 3, 2023
Breakfast	Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)		Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)		Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chettinad Cuisine belongs to a region called 'Chettinad' in South India. It is a cuisine that is famous for its aroma, made with freshly ground spices.				
Chef's Choice may be offered					
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				
Week V	Monday, February 13, 2023	Tuesday, February 14, 2023	Wednesday, February 15, 2023	Thursday, February 16, 2023	Friday, February 17, 2023
Breakfast	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)	Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				
Week VI	Monday, February 20, 2023	Tuesday, February 21, 2023	Wednesday, February 22, 2023	Thursday, February 23, 2023	Friday, February 24, 2023
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				
Week I	Monday, February 27, 2023	Tuesday, February 28, 2023	Chef Spotlight - Annapoorna Meyyappan, Product and Data Analyst Simple and Luscious Cold Indian Dessert The delicacy of "Chettinad Fruit Kheer" brings me the nostalgia of having grand lunch with a variety of dishes served on a banana leaf in all Chettinad marriages. It is a simple dessert but a rich drink made from delectable amalgamation of nuts and fruits. I will share the recipe picking a sleeve from my mom's cookbook and I am sure it will be your sumptuous dessert. -- Annapoorna Meyyappan		
Breakfast	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)	'Chettinad Fruit Kheer' recipe is on Page 2		
Three items meet USDA Requirements (One item must be fruit)	Chef's Choice may be offered				

* 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.

Chettinad Fruit Kheer Recipe		
Ingredients : <ul style="list-style-type: none"> •Raw whole Almonds - 1/2 cup •Raw whole Cashews - 1/2 cup •Shelled Pistachios - 1/2 cup •Sugar - 2 1/2 cups •Chilled condensed Milk - 2 cups •Water - 1 cup •Ice cubes - 20 pieces •Cardamom powder - 1/2 tsp •Apple, Banana, Orange, Grapes, Pineapple (peeled and chopped) - 1 cup •Fresh Pomegranate kernels - 1/4 cup 	Serves 4 - 5	Steps: <ul style="list-style-type: none"> •Separately soak almonds, cashews and pistachios in water for about 4 hours, peel the skin and grind them to smooth paste. •Add half a cup of water and ice cubes to the paste and mix thoroughly. •In a pan, bring remaining half a cup of water to boil and add sugar. Stir it until the sugar gets dissolved and cool it to room temperature. •Now our sugar syrup is ready. Add this syrup to nuts paste. •Add chopped fruits to it and mix it well. •Add chilled condensed milk and cardamom powder to it. •Sprinkle few finely chopped pistachios on the top and serve chilled.

March 2023 Menu (Subject to Change)

Week I	Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered			

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Multigrain Cheerios Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Sliced Bagel w/Cream Cheese (2 Items) Applesauce (1 item) Choice Milk & Second Fruit OVS (1 item each)	Granola Bites w/ Yogurt (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered					

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023
Breakfast Three items meet USDA Requirements (One item must be fruit)	Rice Chex Cereal Bowl (1 Item) <i>Cheese Stick (1 Item)</i> 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)	Croissant w/ Non Dairy Spread (2 Items) Banana (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered		

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 * All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
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