

Name : October 2022 Cornerstone Elementary K-8 Grades Lunch Menu		Options Provided : Hot & Hot Vegetarian Meals			
Age Group : K-8 Grades		Meal : Lunch		Meal Pattern : NSLP	
Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
Hot Meal	Queso Meatball Sub WG Bun & Cilantro Nacho Cheese Doritos Cheesy Refried Beans Variety Applesauce & Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Baby Carrots & Dip Tropical Fruit Mix Choice Milk	"New" Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Corn Salsa Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ No Sugar Fruit Compote Celery Sticks Summer Grapes Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Roll Mixed Greens Salad & Dressing Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks w/ No Sugar Fruit Compote	Grilled Cheese Sandwich
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Baby Carrots Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Roll Mashed Potatoes Tropical Fruit Mix Choice Milk	Creamy Mac & Cheese Mixed Greens Salad & Dressing Banana Vanilla Wafers Choice Milk	Sesame Chicken Steamed Seasoned Rice Sliced Cucumbers Summer Grapes Lemon Crisps & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Lettuce, Cilantro Cheesy Refried Beans Crisp Apple & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Roll	Cheese Quesadilla
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Hot Meal	Golden Corn Dog w/ Ketchup Cornerrific Salad Variety Applesauce Choice Milk	"New" Roasted Curry Chicken Drumstick Old Fashioned Biscuit Fresh Broccoli & Dip Tropical Fruit Mix Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Baby Carrots & Dip Elf Grahams Banana & Choice Milk	Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Seasoned Black Beans Summer Grapes Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Mixed Salad w/Dressing Crisp Apple & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos
Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
Hot Meal	"New" Creamy Chicken Pasta Soft Dinner Roll Fresh Baby Carrots Variety Applesauce Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos CKC Baked Beans Tropical Fruit Mix & Choice Milk	Fresh Hot Pizza Steamed Corn Banana Choice Milk	Creamy Mac & Cheese Fresh Sliced Cucumbers & Dip Summer Grapes Mixed Berry Animal Crackers Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Crisp Fresh Broccoli Crisp Apple Choice Milk
Hot Veg	Smothered Garden Patty w/ WG Roll	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce
Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)			
Hot Meal	"New" BBQ Beef Sandwich Sunchips CKC Baked Beans Variety Applesauce Choice Milk	<p>An easy and tasty recipe for Thanksgiving, or even a barbeque night</p> <p>"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories.</p> <p>- Nora"</p>			
Hot Veg	BBQ Garden Burger	Chef Nora's recipe for 'Loaded Potatoes' is on Page 2			
*** Hot Veg meals are served with vegetables and fruit of the day					

* 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.

Loaded Potatoes - Recipe		
Ingredients: *8 Potatoes *1 Cup butter *1 Cup sour cream *1/2 tsp salt *1/2 Tbls ground black pepper *1 Cup bacon bites *3 whole pickled jalapenos (chop them into little pieces) <u>Reserve these for later</u> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	Servings: 16	Steps: 1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes. 2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later. 3. Mash the scooped flesh and mix all other ingredients. 4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes. 5. Garnish with cheese, green onions and loaded potatoes are ready to serve.

November 2022 Menu (Subject to Change)

Week II	Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal	"New" Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Corn Salsa Tropical Fruit Mix & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Crisp Salad & Dressing Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & No Sugar Fruit Compote Scrambled Eggs w/ Cheese Celery Sticks Summer Grapes & Choice Milk	"New" Beef Fried Rice Steamed Carrots Crisp Apple Fortune Cookie Choice Milk
Hot Veg	Creamy Mac & Cheese	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes w/Scrambled Eggs	Egg Fried Rice

Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	Premium Chicken Nuggets Ketchup Baby Carrots & Dip Cool Ranch Doritos Variety Applesauce & Choice Milk	Mandarin Orange Chicken Steamed Brown Rice Fresh Broccoli & Ranch Tropical Fruit Mix Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Corneriffica Salad Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Mixed Salad & Dressing Summer Grapes Elf Grahams Choice Milk	"New" Authentic Chicken Stir Fry Seasoned Rice Seasoned Black Beans Crisp Apple Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce

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