

Menu Name : Cornerstone Elementary PreK-8 Grades Lunch Menu
Grade Level / Age Group : K-8 Grades

Options Provided : Hot & Hot Vegetarian Meals
Meal Pattern : NSLP Meal: Lunch

November - 2023

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is on Page 2</p>	<p>Butter Chicken Steamed Seasoned Rice Celery Sticks & Dip Banana Choice Milk</p>	<p>Enchilada Rice Bowl Top your Steamed Rice with delicious Chicken Enchilada Shred cheese & boom sauce Steamed Corn Fresh Orange & Choice Milk</p>	<p>Brunch Lunch Buttermilk Pancakes & Syrup Fruited Yogurt Cup Garden Greens Salad & Dressing Crisp Varietal Apple & Choice Milk</p>	Week VI
		Stuffed Dipping Bites w/ Sauce	Bean & Cheese Burrito	French Bread Pizza	
Hot Veg					

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	<p>Sicilian Cheese Calzone Celery Sticks Applesauce Cup Choice Milk</p>	<p>Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurt Chutney) Baby Carrots Chilled Pears & Choice Milk</p>	<p>Fresh Hot Pizza Chilled Sweet Pea Salad Banana Choice Milk</p>	<p>Chicken Tenders w/ Dip CKC Baked Beans Fresh Orange Choice Milk WG Roll w/Margarine</p>	<p>Twisted Cheesy Breadsticks Cold Italian Dip Mixed Greens Salad & Dressing Crisp Varietal Apple Choice Milk</p>	Week I	
		Cheese Calzone	Stuffed Dipping Bites w/ Sauce	Fresh Hot Cheese Pizza	Veggie Burrito		Buttermilk Pancakes w/ Fruit Compote & Yogurt
Hot Veg							

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
Hot Meal	<p>Classic Cheeseburger WG Bun & Ketchup CKC Baked Beans & Carrot Slims Applesauce Cup Choice Milk</p>	<p>Chicken & Egg Fried Rice WG Dinner Roll Celery Sticks & Baby Carrots Chilled Pears Choice Milk</p>	<p>Beef Burrito Bowl Seasoned Beef & Warm Brown Rice Shredded Lettuce, Cheese & Crema Garden Greens Salad & Homemade Dressing Banana & Choice Milk</p>	<p>Mandarin Orange Chicken Steamed Brown Rice Sliced Cucumbers & Dip Fresh Orange Choice Milk</p>	<p>Cheese Pizza Quesadilla Steamed Corn Crisp Varietal Apple Choice Milk</p>	Week II	
		Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread		Grilled Cheese Sandwich
Hot Veg							

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
Hot Meal	<p>Chicken Tenders & Ketchup Bakery Roll Street Corn Salad Applesauce Cup Choice Milk</p>	<p>CKC Sweet & Sour Meatballs Seasoned Rice Baby Carrots Chilled Pears Choice Milk</p>	<p>Cheese Hot Pocket Fresh Sliced Cucumbers Banana Choice Milk</p>	<p>Greek Rice Bowl Seasoned Meat, Steamed Rice Tatziki Sauce Banzo Salad Fresh Orange & Choice Milk</p>	<p>Garlic Dusted French Bread Pizza Italian Dip Garden Greens Salad & Dressing Crisp Varietal Apple Choice Milk</p>	Week III	
		Veggie Hot Pocket & Sauce	Cheesy Bites w/Italian Dip	Veggie Quesadilla	Bean Taco Wrap		Cheesy Pull Aparts
Hot Veg							

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
Hot Meal	<p>Popcorn Chicken & Ketchup WG Dinner Roll CKC Baked Beans Applesauce Cup Choice Milk</p>	<p>Korean BBQ Meatballs Seasoned Rice Carrot Slims Chilled Pears Choice Milk</p>	<p>CKC Gyro Greek Pita, Grilled Chix & Yogurt Sauce Diced Tomatoes & Sliced Cucumbers Banana Choice Milk</p>	<p>Golden Chicken Patty Sandwich Bakery Bun & Mayo Steamed Corn Fresh Orange Choice Milk</p>	Week IV	
		Buttermilk Pancakes w/ Fruit Compote & Yogurt	Bean Burrito	Stuffed Breadsticks w/ Dip		Veggie Garden Burger & Mayo
Hot Veg						

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

MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 4lbs chicken breast cut into chunks. • ½ cup oil • 1 tbsp Butter • 1 tbsp Lemon Pepper • 1 tbsp Paprika • 1 whole Onion • 2 red peppers • 1-pint grape tomatoes • 12 metal/wood skewers • Rice and chicken broth (use your own taste for amount) • Salt • Fresh Dill • Pine Nuts 	<p>To make Dill Rice:</p> <ol style="list-style-type: none"> 1.Sauté diced onions in butter. 2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant. <p>To make Pine Nut Rice:</p> <ol style="list-style-type: none"> 1.Cook rice until fluffy. 2.Sauté pine nuts in butter until golden and toss them with the cooked rice. 3.Add salt and pepper to taste. <p>Murgh Kebab:</p> <ol style="list-style-type: none"> 1.Marinade chicken in oil, lemon pepper, paprika for a couple hours. 2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done. 3.Serve with Dill/Pine Nut Rice. 	

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support		Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!</p> <p>Remember Friends are Friends Forever</p>	<p>Brunch Lunch</p> <p>French Toast Sticks w/ No Sugar Fruit Compote</p> <p>Mixed Greens Salad & Dressing</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>
		<p>Grilled Cheese Sandwich</p>
Hot Veg	-Steve	

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Taco Rice Bowl	Chicken Tikka	"New" Beef Sambusa Wrap
	Wg Tortilla, Chicken Tenders	Steamed Seasoned Rice	Steamed Rice, Seasoned Beef	WG Bakery Rolls w/ Margarine	Beef Sambusa Meat on Wrap
	Shred Chz & Boom Sauce	Baby Carrots & Dip	w/ Shred Chz	Crisp Broccoli & Homemade Dip	Yogurt Sauce
	Seasoned Corn	Chilled Pears	Cheesy Refried Beans	Fresh Orange	Sliced Cucumbers & Dip
	Applesauce Cup & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Crisp Varietal Apple & Choice Milk
Hot Veg	Cheesy Pull Aparts	Veggie Hot Pocket & Dip	Bean Taco Wrap	Egg Fried Rice	Buttermilk Pancakes w/ Fruit Compote & Colby Cheese Omelet

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	Premium Chicken Nuggets	Swedish Meatballs (Homemade Gravy)
	Mayo	Bakery Rolls w/ Margarine
	WG Dinner Roll	Steamed Carrots w/ Parsley
	CKC Baked Beans	Chilled Pears
	Applesauce Cup & Choice Milk	Choice Milk
Hot Veg	Grilled Cheese Sandwich	Cheese Calzone