

Menu Name : Cornerstone Elementary PreK-8 Breakfast Menu

Grade Level / Age Group : K-8

Meal Pattern : NSLP

Meal: Breakfast

October - 2023

Monday, October 2, 2023		Tuesday, October 3, 2023		Wednesday, October 4, 2023		Thursday, October 5, 2023		Friday, October 6, 2023	
Breakfast	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread(2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)			Cheese Stick (1 Item)		Banana (1 item)		100% 4.23 oz Fruit Juice (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)	
<i>Chef's Choice may be offered</i>									

Monday, October 9, 2023		Tuesday, October 10, 2023		Wednesday, October 11, 2023		Thursday, October 12, 2023		Friday, October 13, 2023	
Breakfast	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread(2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)			Cheese Stick (1 Item)		Banana (1 item)		100% 4.23 oz Fruit Juice (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)	
<i>Chef's Choice may be offered</i>									

Monday, October 16, 2023		Tuesday, October 17, 2023		Wednesday, October 18, 2023		Thursday, October 19, 2023		Friday, October 20, 2023	
Breakfast	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread(2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)			Cheese Stick (1 Item)		Banana (1 item)		100% 4.23 oz Fruit Juice (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)	
<i>Chef's Choice may be offered</i>									

Monday, October 23, 2023		Tuesday, October 24, 2023		Wednesday, October 25, 2023		Thursday, October 26, 2023		Friday, October 27, 2023	
Breakfast	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread (2 Items)		Cheerios Cereal Bowl (1 Item)		Sliced Bagel w/Cream Cheese (2 Items)		Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)			Cheese Stick (1 Item)		Banana (1 item)		100% 4.23 oz Fruit Juice (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)	
<i>Chef's Choice may be offered</i>									

Monday, October 30, 2023		Tuesday, October 31, 2023		Chef Spotlight			
Breakfast	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread(2 Items)		Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>			
	Cheese Stick (1 Item)			<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorite 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)					
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)					
<i>Chef's Choice may be offered</i>				<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>			

*** Three items meet USDA Requirements (One item must be fruit) ***

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> •2 Cups Cold Milk •¼ Cup White Flour •2 TBLS Salted Butter •2 Cans Tuna, packed in water •1 Cup Frozen Thawed sweet Green Peas •Ground Black Pepper •Saltine Crackers •Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Breakfast	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)	Week VI
		Cheese Stick (1 Item)			
		100% 4.23 oz Fruit Juice (1 item)	Banana (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)	
<i>Chef's Choice may be offered</i>					

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Breakfast	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	Rice Chex Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread(2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)	Week I
		Cheese Stick (1 Item)		Cheese Stick (1 Item)			
		100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)	Banana (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)	
<i>Chef's Choice may be offered</i>							