

Name : December 2022 Cornerstone Elementary PreK-8 Breakfast Menu					
Age Group : K-8		Meal : Breakfast		Meal Pattern : NSLP	
Week VI	Chef Spotlight - Justin Kilmer, Warehouse Manager			Thursday, December 1, 2022	Friday, December 2, 2022
Breakfast	Festive Vibes & Food			Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
Three items meet USDA Requirements (One item must be fruit)	I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family!			Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)
	- Justin			Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2				Chef's Choice may be offered	
Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
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)
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)		Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (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)
Chef's Choice may be offered					
Week II	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)		Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (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)
Chef's Choice may be offered					
Week III	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
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)
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)		Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (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)
Chef's Choice may be offered					
Week IV	Monday, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)
Three items meet USDA Requirements (One item must be fruit)	Cheese Stick (1 Item)		Cheese Stick (1 Item)		
	100% 4.23 oz Fruit Juice (1 item)	Banana (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)
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.

Roasted Maple-Ginger Root Vegetables Recipe

Ingredients : •5 medium parsnips, peeled and sliced •5 small carrots, sliced •3 medium turnips, peeled and cubed •1 large sweet potato, peeled and cubed •1 small rutabaga, peeled and cubed •1 large sweet onion, cut into wedges •1 small red onion, cut into wedges •2 tablespoons olive oil •1 tablespoon minced fresh ginger root •1 teaspoon salt •1/2 teaspoon pepper •1 cup maple syrup	Serves 5-6	Steps: •Place the vegetables (first 7 ingredients listed) in a large bowl. •Add the oil, ginger, salt and pepper and toss well to coat. •Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. •Bake uncovered, at 425° for 25 minutes, stirring once. •Drizzle with syrup. •Bake until vegetables are tender, 20-25 minutes longer, stirring once more.
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January 2023 Menu (Subject to Change)

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 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)
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>		
Three items meet USDA Requirements (One item must be fruit)	100% 4.23 oz Fruit Juice (1 item)	Banana (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)
Chef's Choice may be offered					

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	
Breakfast	Multigrain Cheerios Cereal Bowl (1 Item)	Croissant w/ Non Dairy Spread (2 Items)	Rice Chex Cereal Bowl (1 Item)	
	<i>Cheese Stick (1 Item)</i>		<i>Cheese Stick (1 Item)</i>	
Three items meet USDA Requirements (One item must be fruit)	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)	
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.