

Menu Name : Cornerstone Elementary PreK-8 Breakfast Menu					Meal Pattern : NSLP	Meal : Breakfast
Grade Level / Age Group : K-8 Grades					FEBRUARY - 2025	
Breakfast	Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025	Week VI
	Rice Chex Cereal Bowl (1 Item)	Granola Bites w/ Yogurt (2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)		Hard Boiled Egg (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 (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						
Breakfast	Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025	Week I
	Rice Chex Cereal Bowl (1 Item)	Granola Bites w/ Yogurt (2 Items)	Multigrain Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	NO SCHOOL Professional Development Day for Staff	
	Cheese Stick (1 Item)		Hard Boiled Egg (1 Item)			
	100% 4.23 oz Fruit Juice (1 item)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)	Banana (1 item)		
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)		
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						
Breakfast	Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025	Week II
	NO SCHOOL Presidents' Day Holiday	Granola Bites w/ Yogurt (2 Items)	Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)	
			Hard Boiled Egg (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 (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						
Breakfast	Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025	Week III
	Rice Chex Cereal Bowl (1 Item)	Granola Bites w/ Yogurt (2 Items)	Multigrain Cheerios Cereal Bowl (1 Item)	Sliced Bagel w/Cream Cheese (2 Items)	Granola Bites w/ Yogurt (2 Items)	
	Cheese Stick (1 Item)		Hard Boiled Egg (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 (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Entrée of the Day is 2 Whole Grain Items Equivalent. Chef's Choice, equivalent to 2 Items, may be offered in place of the Entrée of the Day.</i>						

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as “meat and meat alternatives.” These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

***** Three Items meet USDA requirements (One Item must be fruit).**

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.