

Menu Name : September 2023 Cornerstone Elementary PreK-8 Breakfast Menu

Grade Level / Age Group : K-8

Meal Pattern : NSLP

Meal: Breakfast

Breakfast	Chef Spotlight				Friday, September 1, 2023	Week III
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>				Granola Bites w/ Yogurt (2 Items)	
	Chicken Salad Sandwich				100% 4.23 oz Fruit Juice (1 item)	
				<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>		Choice Milk & Second Fruit <i>OVS</i> (1 item each)
				<i>Chef's Choice may be offered</i>		

Breakfast	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Week IV
	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)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	
<i>Chef's Choice may be offered</i>						

Breakfast	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Week V
	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)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	
<i>Chef's Choice may be offered</i>						

Breakfast	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Week VI
	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)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	
<i>Chef's Choice may be offered</i>						

Breakfast	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Week I
	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)	Applesauce (1 item)	100% 4.23 oz Fruit Juice (1 item)		100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	Choice Milk & Second Fruit <i>OVS</i> (1 item each)	
<i>Chef's Choice may be offered</i>						

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

CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> • ¼ cup Mayonnaise • 1/2lbs Chicken (chunked) • 1 cup Grapes (halved) • 1 Gala Apple (diced) • ½ cup Red Onion (finely diced) • 1/3 cup Celery (finely diced) • 2 tablespoon Honey Mustard • ¼ teaspoon Garlic Powder • 1/4 teaspoon Black Pepper • ½ teaspoon salt • ¼ teaspoon smoked paprika 	<ol style="list-style-type: none"> 1 Break down cooked chicken into chunks. 2 Dice apple, onion, celery, slice grapes in half. 3 Combine everything, mix till well incorporated. 4 Serve on croissant with lettuce. 	

October 2023 Menu (Subject to Change)

	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)	Week II
	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>						

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 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)	Week III
	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)	
	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>					