

Cornerstone Academy

March 2017

Twelve Oaks



Catering

committed to provide freshness, nutrition, and variety



*lean meats
chicken breast meat*

*only fresh or frozen
veggies*

*fresh or natural juice
fruit*

whole grains



all food produced in a TDA inspected kitchen



"always BAKED, never fried"



**more info at
twelveoaks catering.com**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		** chicken nugget zoo crew <i>with whole grain breading</i> sweet potatoes 4-way vegetable mix ketchup 1% milk ** fresh melon wedge 1% milk	** meatballs n' Roma sauce <i>whole wheat breadstick</i> steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	** "cured" turkey & cheese <i>in wheat tortilla wrap</i> lotsa bean salad fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice
2	6	7	8	10
** chicken breast nuggets <i>with whole grain breading</i> seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk	** beef burger patty <i>whole wheat burger bun</i> oven potatoes, diced California veggie medley ketchup 1% milk ** fresh apple (1/2) 1% milk	** cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk	** homestyle meatloaf in light brown gravy <i>whole wheat roll</i> mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	** turkey breast n' cheese <i>on whole wheat bread</i> mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** apple cinna bar 1% milk
3	13	14	15	16
** beef meatballs <i>with tomato brown sauce</i> <i>whole wheat roll</i> mashed potatoes steamed cut green beans 1% milk ** banana yogurt "pudding" 100% juice	** wg breaded chicken breast <i>whole wheat burger bun</i> oven diced potatoes steamed carrot coins ketchup 1% milk ** animal crackers 1% milk	** tex-mex taco beef <i>wheat flour tortilla</i> Spanish brown rice bbq white beans pineapple orange salad 1% milk ** fresh RED apple (1/2) 1% milk	** baked chicken breast & bow-tie wheat pasta Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese squares & crackers 100% juice	** cowboy beans & franks (or turkey corny dog) <i>whole wheat bread</i> steamed broccoli florets ** 1% milk ** cheddar goldfish 1% milk
4	20	21	22	23
** beef burger patty <i>whole wheat burger bun</i> baked tater wedge steamed carrot coins ketchup 1% milk ** chilled diced pears in juice 1% milk	** baked cheese taquito <i>Spanish-style brown rice</i> refried pinto beans fresh cucumber slices reduced calorie ranch 1% milk ** fresh melon chunks 1% milk	** chicken breast nuggets <i>with whole grain breading</i> mashed potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk	** meatsauce Roma & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy trail mix 1% milk	** turkey breast n' cheese <i>in wheat tortilla wrap</i> mixed fruit in juice hawaiian potato salad light mayonnaise 1% milk ** vanilla yogurt "pudding" 100% juice
5	27	28	29	30
** sloppy Joe beef <i>whole wheat burger bun</i> black-eyed peas steamed carrot coins ** 1% milk ** mandarin oranges in juice 1% milk	** cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** animal crackers 1% milk	** steak fritters (breaded) sweet potatoes steamed cut green beans watermelon wedge ketchup 1% milk ** pineapple chunks in juice 1% milk	** chicken breast bake <i>with brown rice & veggies</i> steamed broccoli cuts fresh orange wedges ** 1% milk ** cucumber slices - light ranch 1% milk	** deli turkeyham & cheese <i>on whole wheat bread</i> green pea pasta salad sliced pears in juice mustard 1% milk ** whole grain cookie 1% milk