

Cornerstone Academy

July 2017



committed to provide freshness, variety, and good nutrition



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
<p>3</p> <p>** 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</p>	<p>4</p>	<p>5</p> <p>** chicken breast nuggets <i>with whole grain breading</i> mashed potatoes buttered cut corn ketchup 1% milk ** fresh banana 1% milk</p>	<p>6</p> <p>** "old school" Roman meatsauce & whole-grain spaghetti steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy cheese crackers 1% milk</p>	<p>7</p> <p>** "cured" turkey & cheese <i>in a whole wheat tortilla wrap</i> mixed fruit in juice hawaiian potato salad light mayonnaise 1% milk ** vanilla yogurt "pudding" 100% juice</p>
<p>10</p> <p>** sloppy Joe beef <i>whole wheat burger bun</i> black-eyed peas steamed carrot coins ** 1% milk ** fresh seasonal apple 1% milk</p>	<p>11</p> <p>** Sack Lunch 1% milk ** crunchy trail mix 100% juice</p>	<p>12</p> <p>** steak fritters (breaded) sweet potatoes steamed cut green beans watermelon wedge ketchup 1% milk ** pineapple chunks in juice 100% juice</p>	<p>13</p> <p>** chicken breast bake <i>with brown rice & veggies</i> steamed broccoli cuts fresh orange wedges ** 1% milk ** cheese squares & crackers 1% milk</p>	<p>14</p> <p>** turkey breast n' cheese <i>on whole wheat bread</i> green pea pasta salad sliced pears in juice mustard 1% milk ** cucumber slices - light ranch 1% milk</p>
<p>17</p> <p>** sliced turkey in gravy <i>whole wheat coney bun</i> oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh seasonal apple 1% milk</p>	<p>18</p> <p>** Sack Lunch 1% milk ** cheddar goldfish 100% juice</p>	<p>19</p> <p>** chicken ZOO crew <i>with whole grain breading</i> sweet potatoes 4-way vegetable mix ketchup 1% milk ** fresh melon wedge 1% milk</p>	<p>20</p> <p>** marinara meatballs Roma <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</p>	<p>21</p> <p>** "cured" turkey & cheese <i>in a whole wheat tortilla wrap</i> lotsa bean salad fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice</p>
<p>24</p> <p>** chicken breast nuggets <i>with whole grain breading</i> seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk</p>	<p>25</p> <p>** Sack Lunch 1% milk ** fresh seasonal apple 1% milk</p>	<p>26</p> <p>** cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** fresh banana 1% milk</p>	<p>27</p> <p>** homestyle meatloaf in light brown gravy <i>whole wheat roll</i> mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice</p>	<p>28</p> <p>** turkey breast n' cheese <i>on whole wheat bread</i> mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** crunchy trail mix 1% milk</p>
<p>31</p> <p>** 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</p>				