

Cornerstone Academy

June 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](http://twelveoaks.catering.com)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			** "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	** "cured" turkey & cheese in a whole wheat tortilla wrap mixed fruit in juice hawaiian potato salad light mayonnaise 1% milk ** vanilla yogurt "pudding" 100% juice
5	6	7	8	9
** sloppy Joe beef whole wheat burger bun black-eyed peas steamed carrot coins ** 1% milk ** fresh seasonal apple 1% milk	** cheddar cheese sauce & whole grain pasta shells steamed green peas fresh leafy salad greenz' reduced calorie ranch 1% milk ** crunchy trail mix 100% juice	** steak fritters (breaded) sweet potatoes steamed cut green beans watermelon wedge ketchup 1% milk ** pineapple chunks in juice 100% juice	** chicken breast bake with brown rice & veggies steamed broccoli cuts fresh orange wedges ** 1% milk ** cheese squares & crackers 1% milk	** turkey breast n' cheese on whole wheat bread green pea pasta salad sliced pears in juice mustard 1% milk ** cucumber slices - light ranch 1% milk
11	12	13	14	15
** sliced turkey in gravy whole wheat coney bun oven potatoes, diced steamed broccoli cuts ketchup 1% milk ** fresh seasonal apple 1% milk	** salisbury beef steak with tomato brown sauce whole wheat roll mashed potatoes steamed carrot coins 1% milk ** cheddar goldfish 100% juice	** chicken ZOO crew with whole grain breading sweet potatoes 4-way vegetable mix ketchup 1% milk ** fresh melon wedge 1% milk	** marinara meatballs Roma whole wheat breadstick steamed cut green beans fresh leafy salad greenz' reduced calorie ranch 1% milk ** cheese n' whole wheat roll 1% milk	** "cured" turkey & cheese in a whole wheat tortilla wrap lotsa bean salad fresh cucumber slices reduced calorie ranch 1% milk ** vanilla yogurt "pudding" 100% juice
18	19	20	21	22
** chicken breast nuggets with whole grain breading seasoned black beans steamed carrot coins ketchup 1% milk ** pineapple chunks in juice 1% milk	** beef burger patty whole wheat burger bun oven potatoes, diced California veggie medley ketchup 1% milk ** fresh seasonal apple 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 whole wheat roll mashed potatoes steamed cut green beans 1% milk ** mozzarella cheese stick 100% juice	** turkey breast n' cheese on whole wheat bread mixed fruit in juice broccoli ranch salad light mayonnaise 1% milk ** crunchy trail mix 1% milk
25	26	27	28	29
** beef meatballs with tomato brown sauce whole wheat roll mashed potatoes steamed cut green beans 1% milk ** banana yogurt "pudding" 100% juice	** w.g. breaded chicken breast whole wheat burger bun oven diced potatoes steamed carrot coins ketchup 1% milk ** cheese squares & crackers 100% juice	** tex-mex taco beef whole wheat flour tortilla Spanish brown rice bbq white beans pineapple orange salad 1% milk ** fresh seasonal apple 1% milk	** baked chicken breast & bow-tie whole grain pasta Italian veggie medley fresh leafy salad greenz' reduced calorie ranch 1% milk ** Texas honey cornbread-margarine 100% juice	** cowboy beans & franks whole wheat bread, or turkey corny dog - beans steamed broccoli florets ketchup 1% milk ** cheddar goldfish 1% milk