



Cornerstone Academy

Menu



Yummy week 1

Breakfast

Monday: Whole Wheat Toast with SunButter, Banana, Milk

Tuesday: Greek Yogurt with Granola, Blueberries

Wednesday: Cottage Cheese with Pineapple, Whole Wheat Crackers

Thursday: Whole Grain Cereal with Milk, Sliced Apples

Friday: Overnight Oats with Cinnamon and Pears

Lunch

Monday: Turkey and Cheese Wrap, Carrot Sticks, Applesauce, Milk

**Tuesday: Cheese and Whole Wheat Pita, Cucumbers, Mandarin Oranges,
Milk**

**Wednesday: Chicken Salad on Whole Wheat Bread, Steamed Green Beans,
Peaches, Milk**

Thursday: Cheese and Crackers, Mixed Bell Peppers, Pineapple, Milk

**Friday: SunButter and Jelly Sandwich on Whole Wheat Bread, Steamed
Broccoli, Apples,
Milk**

Snack

- **Monday: Yogurt with Granola**
- **Tuesday: Cheese Sticks with Whole Wheat Crackers**
- **Wednesday: Sliced Turkey with Cucumber Sticks**
- **Thursday: Fruit Smoothie with Yogurt and Oats**
- **Friday: Trail Mix with Dried Fruit and Whole Grain Cereal**

Made in accordance with CACFP guidelines





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Menu

Tasty week 2

Breakfast

- Monday: Whole Wheat English Muffin with SunButter, Orange Slices, Milk
 - Tuesday: Greek Yogurt with Honey and Granola
 - Wednesday: Oatmeal with Raisins and Cinnamon, Milk
 - Thursday: Whole Grain Cereal with Milk, Banana Slices
- Friday: Rice Cakes with Cream Cheese and Blueberries

Lunch

- Monday: Cheese Sandwich on Whole Wheat Bread, Carrot Sticks, Applesauce, Milk
- Tuesday: Chicken and Cheese Wrap, Steamed Corn, Peaches, Milk
 - Wednesday: Turkey and Cheese Sliders on Whole Wheat Buns, Cucumber Slices, Pineapple, Milk
- Thursday: SunButter and Jelly Sandwich, Mixed Bell Peppers, Mandarin Oranges, Milk
- Friday: Cheese and Whole Wheat Pita, Steamed Green Beans, Apples, Milk

Snack

- Monday: Cheese Sticks with Whole Wheat Crackers
 - Tuesday: Sliced Turkey with Carrot Sticks
 - Wednesday: Yogurt with Granola and Blueberries
 - Thursday: Fruit Smoothie with Oats
- Friday: Whole Wheat Toast with SunButter and Sliced Pears

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Menu

Delicious week 3

Breakfast

- Monday: Whole Wheat Bagel with Cream Cheese, Grapes, Milk
- Tuesday: Cottage Cheese with Peaches, Whole Grain Crackers
- Wednesday: Whole Grain Pancakes with Applesauce, Milk
- Thursday: Greek Yogurt with Strawberries and Granola
- Friday: Oatmeal with Diced Apples and Cinnamon, Milk

Lunch

- Monday: Turkey and Cheese Sandwich, Steamed Carrots, Pineapple, Milk
- Tuesday: Lentil Soup with Whole Wheat Bread, Cucumber Slices, Oranges, Milk
- Wednesday: Baked Chicken with Brown Rice, Steamed Green Beans, Pears, Milk
- Thursday: Cheese Sandwich on Whole Wheat Bread, Carrot Sticks, Peaches, Milk
- Friday: Cheese Quesadilla with Whole Wheat Tortilla, Mixed Bell Peppers, Apples, Milk

Snack

- Monday: Whole Grain Cereal with Milk
- Tuesday: Apple Slices with SunButter
- Wednesday: Whole Wheat Crackers with Cheese
- Thursday: Yogurt Parfait with Granola and Blueberries
- Friday: Whole Wheat Pita with Cheese

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Menu



Scrumptious week 4

Breakfast

- Monday: Whole Wheat Bagel with Cream Cheese, Banana, Milk
- Tuesday: Whole Wheat English Muffin with SunButter, Apple Slices, Milk
- Wednesday: Greek Yogurt with Granola and Peaches
- Thursday: Whole Grain Waffles with Blueberries, Milk
- Friday: Oatmeal with Raisins and Honey, Milk

Lunch

- Monday: Grilled Cheese on Whole Wheat Bread, Tomato Soup, Grapes, Milk
- Tuesday: Chicken Stir-Fry with Brown Rice, Mixed Vegetables, Mandarin Oranges, Milk
- Wednesday: Turkey and Cheese Wrap, Steamed Corn, Applesauce, Milk
- Thursday: Bean and Cheese Burrito on Whole Wheat Tortilla, Mixed Peppers, Peaches, Milk
- Friday: Cheese and Whole Wheat Crackers, Cucumber Slices, Pineapple, Milk

Snack

- Monday: Whole Wheat Crackers with Cheese
- Tuesday: Yogurt with Diced Peaches
- Wednesday: Cheese Sticks with Whole Grain Crackers
- Thursday: Sliced Turkey with Bell Pepper Strips
- Friday: Rice Cakes with SunButter and Banana

Made in accordance with CACFP guidelines

