

October, 2019

Cornerstone Health & Technology HS

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Monday

Tuesday

Wednesday

Thursday

Friday

	Butterscotch Oatmeal Bar (24) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Cinnabar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
452:355:74	452:355:74 1	254:200:47 2	581:330:98 3	532:400:93 4
Cinnamon Toast Crunch Cereal(22) Animal Grahams(20) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	Mixed Berry Rice Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Nutri-grain Bar(30) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Raspberry Bar (45) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
402:415:71 7	452:330:75 8	504:500:63 9	551:384:103 10	532:400:93 11
Frosted Flakes(25) Mini Vanilla Wafers(19) Apple Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar(40) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Blueberry Muffin(30) Animal Grahams(20) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Apple Roll (35) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
482:385:86 14	432:245:69 15	384:305:68 16	571:340:102 17	452:370:83 18
Trix Cereal(24) Animal Grahams(20) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14)	Cocoa Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Mandarin Orange Cup 1% White or FF Chocolate Milk(14)	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	Fruit Loops(24) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	WG Goody Bun (34) Apple Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14)
402:395:73 21	462:365:75 22	504:500:63 23	501:415:97 24	492:390:82 25
Golden Grahams(24) Animal Grahams(20) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14)	Breakfast Nutrition Bar(38) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14)	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(21) Fresh Apple(19) 1% White or FF Chocolate Milk(14)	WG Zucchini Bread Slice (43) Fresh Banana(23) Orange Juice(15) 1% White or FF Chocolate Milk(14)	
402:475:73 28	462:225:80 29	384:305:68 30	531:360:95 31	452:355:74



Thought for Thought

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) in ()

AvgCals:465 AvgSod(mg):363 AvgCarbs(g):79

"or:" = An alternative selection to choose. "WG"=Whole Grain
1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

