January, 2020

Cornerstone Health & Technology HS

January, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1	No School **2**	No School **3**
Golden Grahams(24) Animal Grahams(20) Diced Peaches(14) Apple Juice(15) 1% White or FF Chocolate Milk(14) **6** 455:481:87	Breakfast Nutrition Bar(38) Orange Juice(15) Pineapple Tibits Cup (13) 1% White or FF Chocolate Milk(14) **7** 462:225:80	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14) **8** 504:500:63	WG Banana Muffin(31) Orange Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) **9** 452:250:79	WG Breakfast Ring (29) Fresh Banana(23) Apple Juice(15) 1% White or FF Chocolate Milk(14) **10** 491:400:81
Cocoa Puff Cereal Bar (30) Animal Grahams(20) Fruit mix(17) Apple Juice(15) 1% White or FF Chocolate Milk(14) **13** 502:365:96	Butterscotch Oatmeal Bar (24) Diced Pear Cup Orange Juice(15) 1% White or FF Chocolate Milk(14) **14** 452:355:74	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14) **15** 494:255:84	Double Chocolate Chip Muffin(27) Mini Vanilla Wafers(19) Orange Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) **16** 572:330:94	WG Cinnabar (45) Fresh Banana(23) Apple Juice(15) 1% White or FF Chocolate Milk(14) **17** 541:400:97
MLK Day **20**	Mixed Berry Rice Krispies Cereal Bar (27) Mini Vanilla Wafers(19) Apple Juice(15) Diced Peach Cup 1% White or FF Chocolate Milk(14) **21** 452:330:75	WG Bagel(30) Fresh Apple(19) 1% White or FF Chocolate Milk(14) **22** 504:500:63	Nutri-grain Bar(30) Orange Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) **23** 542:384:99	WG Raspberry Bar (45) Fresh Banana(23) Apple Juice(15) 1% White or FF Chocolate Milk(14) **24** 541:400:97
Frosted Flakes(25) Mini Vanilla Wafers(19) Pineapple Tidbits(17) Apple Juice(15) 1% White or FF Chocolate Milk(14) **27** 482:385:90	Breakfast Nutrition Bar(40) Orange Juice(15) Mixed Fruit Cup 1% White or FF Chocolate Milk(14) **28** 432:245:69	Dannon Nonfat Creamy Yogurt (14) Cinnamon Granola(37) Fresh Apple(19) 1% White or FF Chocolate Milk(14) **29** 494:255:84	WG Blueberry Muffin(30) Animal Grahams(20) Orange Juice(15) Fresh Orange(19) 1% White or FF Chocolate Milk(14) **30** 562:340:98	WG Apple Roll (35) Fresh Banana(23) Apple Juice(15) 1% White or FF Chocolate Milk(14) **31** 461:370:87

Thought for Thought

The best way to have a good idea is to have lots of ideas. - Linus Pauling

Tips & Information

It's a well-documented fact that very first snowman was made in Eau Claire, Wisconsin on January 7, 1809 by Vernon Paul and his 9 year old daughter, Yetty Paul. According to Mr. Paul, he told his daughter that the snowman was intended to frighten away the Boxing Day elves (popular legend said Boxing Day elves reclaimed Christmas presents). Once the Paul family's neighbors saw the snowman, and Yetty explained to her friends how easy it was to make, children all over the town were making snowmen.

12/18/2019 7:46:11 AM

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

AvgCals:494 AvgSod(mg):356 AvgCarbs(g):)84

"or:" = An alternative selection to choose. "WG"=Whole Grain

1% White & Fat Free Chocolate Milk available daily.

VARIETY FoodServices Since 1928

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