

**Tamara  
Martinez**

**Food  
Manager**

**Little Chico Creek  
Unified**

**Nutrition Services**

**Production Menu**

| <b>Time/Duration</b>  | <b>Meal/Snack</b> | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   |
|-----------------------|-------------------|--|---|--|
| <b>7:15 - 7:50 AM</b> | <b>Breakfast</b>  | <b>French Toast (see recipe), 2 slices each; melted butter 1/2 Tbs. ; 1/2 cup of plain yogurt; 2 dashes of cinnamon &amp; 2 Tbs. of Maple Syrup over french toast &amp; yogurt each; 1 small sliced Strawberry garnish each; 1/2 cup of plain yogurt each - OR - Breakfast Burrito (see recipe), 1 each; Cilantro Sprig ~1/2 dollar size, 1 each</b> | <b>Fried egg breakfast sandwich (see recipe), 1 each; orange twist garnish, 1 thin circular slice, slit &amp; twisted, 1 each - OR - Buttermilk waffles (see recipe), 1 each; 1 oz. chopped uncooked (already) shelled walnuts sprinkled over waffles; Fresh blueberry sauce (see recipe); 1.5 oz. each poured over waffle; orange twist garnish, 1 thin circular slice, slit &amp; twisted, 1 each</b> | <b>Soy-Chorizo scrambled eggs (see recipe), 2 oz. each; beans, 1.5 oz. each; tortilla (recipe), 1 each; grated cheese, .50 oz. each; salsa (premade), 1 oz. each; avocado garnish, 2 1/4 " slices each - OR - Garden omelet (see recipe-eggs pre mixed), 2 oz. ladle, 1 each; .50 oz. of cheese, 1 each; toast, 1 slice; parsley garnish, `1/2 dollar size, 1 each</b> |
|                       |                   | <b>Fruit bar (see recipe), self service</b>  | <b>Cherries, 2 oz. each &amp; Orange Slices, 3-1" wedges (see recipe) each</b>  | <b>Whole Banana, 1 small each or Grapes, 1- 4 oz. serving each</b>   |
|                       |                   | <b>1% White &amp; Chocolate Milk, single serving containers, 8 oz.</b>   | <b>Turkey sausage link, 2 each - or - Bacon, 3 each</b>   | <b>1% White or Chocolate Milk, serving containers, 4 oz.</b>   |
|                       |                   | <b>Apple Juice, single serving container, 4 oz. and 100% Freshly Squeezed Orange Juice (see recipe), serve in 4oz cups, 1 each</b>   | <b>1% white &amp; Chocolate Milk, single serving containers, 8 oz.</b>  | <b>Apple Juice, single serving container, 4 oz. and Freshly Squeezed Orange Juice (see recipe), serve in 4 oz. cups, 1 each</b>  |
|                       |                   |  | <b>Apple juice, single serving container, 4 oz.; watermelon water (see recipe), serve in 4oz cups, 1 each</b>   |  |

|                          |              |  |  |  |
|--------------------------|--------------|--|--|--|
| <b>11:15 AM - 1:00PM</b> | <b>Lunch</b> | <b>Turkey (see recipe), 1/4 inch sliced, 1 each; cranberry sauce (premade), 1 oz. each - OR - Ham (see recipe), 1/4 inch sliced, 1 each; honey mustard garnish (see recipe), 1 oz.</b>   | <b>Five Cheese Macaroni (see recipe), 1 cup each; tomato slice garnish, 2 each; - OR - Rigatoni Gorgonzola (see recipe), 2 oz. scoop each; parsley garnish, ~1/2 dollar size, 1 each</b> | <b>Vegetable Chicken Stir Frey (see recipe), 1 cup each; garnish-pickled ginger, 1 Tbs. each - OR - Tilapia (see recipe), 2 oz-1 each; orange wedge 1/2 " slice, 1 each &amp; fresh ginger 1/16" slice, 1 each</b> |
|                          |              | <b>Mashed Potatoes (see recipe), 3/4 cup each, Low-fat turkey gravy, 1/4 cup each; Wheat Honey Roll (premade), 1 each or Cornbread Muffin (see recipe), 2"x2" cut squares, 1 each; Blanched Green Beans, 3/4 cup-1 each: Toasted sliced almonds, 1 Tbs. each; Fresh fruit Slices with Apples, Oranges, and Star fruit (see recipe), self serve</b> | <b>Green salad (see recipe), 1/2 cup-1 each</b>  | <b>Rice (see recipe), 1/3 cup-1 each; - OR - couscous (see recipe), 1/3 cup-1 each</b>   |
|                          |              | <b>1% white &amp; strawberry milk, single serving 8 oz. containers</b>   | <b>1% white &amp; strawberry milk, single serving 8 oz. containers</b>   | <b>1% white &amp; strawberry milk, single serving 8 oz. containers</b>   |
|                          |              | <b>Cran-Raspberry &amp; Apple Juice, preportioned 4 oz. containers</b>   | <b>Grape Juice &amp; apple juice, preportioned containers, 4oz</b>   | <b>Cran-raspberry juice &amp; apple juice, preportioned containers, 4 oz.</b>  |