

Lacey Pettigrew

Food Service Administrator,
R.D.

Contra Costa County



Nutrition Services

Production Menu:

Time/ Duration	Meal/ Snack	Monday	Tuesday	Wednesday
7:15- 7:50 AM	Breakfast	2 whole-grain pancakes (1.1 oz each) with maple syrup (2 tbsp); garnished with orange slices (2 slices each) OR Cold and Hot Cereal, Single Serving Packages, 1 Each	Whole-grain bagel (4 oz) with cream cheese (2 tbsp); garnished with orange slices (2 slices each) OR Cold and Hot Cereal, Single Serving Packages, 1 Each	Breakfast Burrito (scrambled egg, Potatoes, sausage, Chopped finely: tomatoes, green bell peppers and onions, and Cheddar Cheese) 5 oz, 1 Each; garnished with parsley OR Cold and Hot Cereal, Single Serving Packages, 1 Each
		Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)
		Fresh Fruit (apple, Banana, or orange), 1 piece each	Mixed Fruit, Chopped: watermelon, cantaloupe, apples, oranges, bananas and grapes	Fresh Fruit (apple, Banana, or orange), 1 piece each
		Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)
11:15-1:00PM	Lunch	Whole Wheat Spaghetti with Red sauce (chopped finely: onions, garlic, Italian spice dry, parsley), 1/4 cup each, Meatballs (beef), 3 each [optional] ; garnished with parsley, 1 sprig OR peanut butter and strawberry jelly Sandwich on whole-grain bread (see recipe), 1 Each	Sliced Turkey, (4oz) 1 each OR Veggie Patty, (pre-prepared/ 4oz) 1 each; with rosemary garnish, 1 small sprig OR peanut butter and strawberry jelly Sandwich on whole-grain bread (see recipe), 1 Each	Meat Loaf (see recipe), 4oz, 1 each OR Grilled Cheese (1/2 sandwich) and Tomato Soup, 6oz, 1 each; garnish with parsley, 1 small sprig OR peanut butter and strawberry jelly Sandwich on whole-grain bread (see recipe), 1 Each

		Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)
		Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)
		Vegetable mixture: Green beans and Corn (kennel), Frozen, pre-prepared, 1/2 cup each	Mixed Salad(Iceberg lettuce, Chopped small: Tomatoes, carrots, onions) with Cheese and Italian or Ranch dressing (2 oz serving), 1/2 cup each	Broccoli and Cauliflower, Chopped, and steamed with Cheese(sprinkled/ melted) on top, 1/2 cup each
		Whole grain dinner roll, 1 each	Mashed Potatoes, 1/2 cup, with brown gravy (see recipe),1/4 cup, each	Whole grain dinner roll, 1 each
3:30-4:00PM	Snack	2 Cheese slices (1oz each) with 4 whole-grain rye wafer crackers (0.4oz each) OR Fresh Fruit (apple, Banana, or orange), 1 piece each	2 Graham Crackers (0.5 oz each) with peanut butter (2 tbsps) OR Fresh Fruit (apple, Banana, or orange), 1 piece each	Yellow Cake (see recipe) with white frosting and rainbow sprinkles (1/4inch layer), 1-2x2 inch piece each OR Fresh Fruit (apple, Banana, or orange), 1 piece each
		Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)	Chocolate and White Milk, Non-fat (1%), Single Serving Containers (8oz)
		Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)	Juice (apple, grape, orange) pre-portioned (4oz)