

**Natalie Wilson, Foodservice
Director**

Oak Hills Unified School District



Nutrition Services

PRODUCTION MENU

Time/Duration	Meal/Snack	Monday	Tuesday	Wednesday
7:15-7:50AM	Breakfast	Buckwheat Pancakes, 2 each (see recipe) OR Egg in a Nest, 1 each (see recipe)	Egg McMuffin, 1 each (see recipe) OR Power Packed Oatmeal, 1 cup (see recipe)	Breakfast Burrito, 1 each (see recipe) OR Pumpkin Spice Waffles, 2 each (see recipe)
		Apple sauce, packaged, 1/3 cup	Fresh fruit salad, 1/3 cup (see recipe)	Melon medley, 1/3 cup (see recipe)
		High fiber cold cereal, single-serving, 1 box	High fiber cold cereal, single-serving, 1 box	High fiber cold cereal, single-serving, 1 box
		White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.	White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.	White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.
		Juice, apple, grape, orange, single serving containers, 8 oz.	Juice, apple, grape, orange, single serving containers, 8 oz.	Juice, apple, grape, orange, single serving containers, 8 oz.
		Fresh fruit, 1 piece	Fresh fruit, 1 piece	Fresh fruit, 1 piece
11:15AM-1:00PM	Lunch	Spaghetti w/ Meatballs, whole wheat pasta, 1 cup (see recipe) OR Turkey and Cheese Whole Wheat Pita, 1 each (see recipe)	Steak Fajitas on whole grain flour or corn tortilla, 2 each (see recipe) OR Chicken and Cheese Quesadilla, 1 each (see recipe)	Broccoli and Chicken Pasta Salad, 1 cup (see recipe) OR Black Bean soup with Ground Turkey, 1 cup (see recipe)
		Caramelized steamed carrots, 1/3 cup (see recipe)	Maiz veggie bake, 1/3 cup (see recipe)	Sauteed Zucchini, 1/3 cup (see recipe)
		White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.	White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.	White and Chocolate milk, 1%, non-fat single serving containers, 8 oz.
		Juice, apple, grape, orange, single serving containers, 8 oz.	Juice, apple, grape, orange, single serving containers, 8 oz.	Juice, apple, grape, orange, single serving containers, 8 oz.
		Salad bar, self serve	Zesty Taco salad bar, self serve	Greek salad bar, self serve