

1. Our philosophy is that the people of this world most deserving of the highest advantages to succeed are those educating themselves to become the influential thinkers that will shape society and the world at large for future generations to come. We believe that the nourishing environments necessary for proper neurogenesis, neuroplasticity, and therefore optimal critical thinking skills ultimately stems from a healthy gut flora and diverse population of microbes present in the gut microbiome. The primary goal of this foodservice facility aims to provide quality food products intended to fuel the growing mind first by fueling the body with a powerhouse of essential nutrients necessary for optimal performance that appeals to our widely varying population of customers in a way that's attractive, efficient, and delicious.
2. This foodservice facility targets lower to middle class college students usually between the ages of eighteen to twenty-five. The operation is set in an urban area just inside the main campus of the university. Much of our population of customers have a very restrictive means of finding adequate foods to meet their nutritional and dietary needs elsewhere and rely on our foodservice facility to fulfill them.
3. Due to the wide variety of needs present in our community, we offer an assortment of food selections meant to meet the needs of individuals with restrictive diets such as vegetarians, and those with food allergies.
4. Since meals are provided to university students at such a low cost, this foodservice facility is very limited financially. Although we make our best efforts to cook using all locally sourced, organic fruit and vegetable products and grass-fed, free roaming meat sources, some of our foods must be purchased as ready-to-eat foods.
5. In order to stay within our limited budget, we purchase many fruits and vegetables whole, single ingredients used in our recipes able to be frozen, reheated, and maintain their high quality, and some of our dairy products consisting of minimal ingredients such as vanilla yogurt and cottage cheese. Examples of ingredients used in our products capable of being purchased frozen include some pre-cooked grains such as quinoa, rice, and barley, and some vegetables used in dishes requiring a large variety of vegetables such as in our chicken pot pies, vegetable stir-fries, vegetable noodle dishes, and quesadillas. Buying these products frozen, prepared, and chopped up into a ready-to-use size saves our facility a lot of time and resources allowing us to focus our time into adequately preparing the raw foods that we do have. In order to accommodate the special needs present in our population of customers, specific options such as vegetarian entree and side options are available at every meal. In order to provide for the protein needs of the vegetarian population, we utilize a wide variety of beans and legumes in combination with rice, barley, and quinoa grains to create complete protein options containing all of the essential amino acids. Decisions were also made to provide a large variety of foods to our customers in an effort to maintain a diverse population of microbes present in the gut microbiome of our customers while meeting further dietary needs and preferences. Options varying from popular food items such as tacos and pizza to more creative and innovative dishes such as our leek and mushroom quinoa and baked date pudding are available.

6. In regard to our menu options available, vegetarian options are available at every meal. However, we also have plant-based protein products available to substitute into meat containing dishes if the customer would prefer those dishes instead. Breakfast items containing meat including our scrambled eggs and ham dish, cheese and bacon omelet, egg salad sandwich, and sausage and egg breakfast burrito may be substituted with tofu. Lunch and dinner items including tacos, our club sandwich, chicken pot pie, and Korean BBQ beef dish may also be substituted with tofu and/or tempeh. On the side of each salad dish we also offer the option to include balsamic vinaigrette and olive oil, with our bread rolls we offer an option of butter, and with our breakfast items such as french toast, pancakes, and waffles we offer an option of maple syrup. The use of convenience items is essential in our foodservice facility due to financial limitations. Specific items are purchased directly such as some of our fresh produce, fruit juices, pre-made pastry and dairy items, and precooked vegetables and grains used in many lunch and dinner entrees. Specific fresh produce items include fresh apples, cantaloupe, oranges, kiwi fruits, celery sticks, and mangoes. Purchased fruit juices include orange juice, cranberry juice, apple juice, grape juice, and lemonade. Pre-made items include bagels, muffins, vanilla yogurt, and cottage cheese. Items that must be kept frozen and reheated before being served include pre-cooked vegetables and grains present in our broccoli rice casserole, rice custard, sushi-style rice, fried rice, leek and mushroom quinoa, tofu stir-fry, chicken pot pie, collard greens, hash browns, and many of our soup and salad variations. This large amount of pre-made, frozen food items allows for potential delivery concerns. To ensure the contents received meet the standards of our foodservice facility, all food items are thoroughly inspected for evidence of thawing or burn directly upon being received. Temperatures are checked using thermometers and probes to ensure the internal temperature of foods has not fallen below the requirements, and a random assessment of crates and cases is further conducted to inspect the quality of contents are up to our standards. Documents are signed off at the receiving points and kept track of in records.
7. At our foodservice facility we plan for consumer acceptance by considering contrast in texture and flavor, eye appeal, and a variety of nutritious options. We purposefully serve bland colored dishes such as meat and grain dishes with multiple colored fruits and vegetables of varied shapes, sizes, and textures. We pair crisp and heavy foods such as fried grains and meats with soft and light bread rolls or creamy potato and bean sides. On the side of each entree we add cilantro and parsley to taste, and a lemon slice in each glass of water for an extra burst of color.
8. Our foodservice facility meets the essential needs and requirements of individuals based on the options we have available. All of the essential macronutrients are provided. Complex carbohydrates are present in grain dishes, starchy vegetables, and pastry desserts. Healthy fats are present in our offered dairy sources. Our fish, nuts, and seeds provide omega-3 polyunsaturated fatty acids. Meat-based as well as plant-based protein options enable us to provide every customer with all of the nine essential amino acids required for proper protein synthesis. Micronutrients such as vitamin A and vitamin C are also present in many of our food options. Our mango, sweet potato, and carrot options provide vitamin A while our orange juice, kiwi fruit, lemonade, yogurt, cottage cheese, and leafy green vegetable variety contribute to the vitamin c requirements of our customers. Furthermore, the variety of colored fruits and vegetables we offer contribute to the powerful antioxidant and anti-inflammatory properties of polyphenols, boosting the immune response and protecting against pathogens such as covid-19. Following the Dietary Guidelines for Americans, we focus on providing a healthy, nutrient-dense variety in an effort to inspire healthy eating patterns and lifestyle habits.

5-day Cycle Menu Planning Worksheet – FS Facility Type:

Last:

First:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1. Apple (purchased) 2. *Orange juice (purchased)	1. *Cantaloupe (purchased) 2. Cranberry juice (purchased)	1. *Orange (purchased) 2. Apple juice (purchased)	1. *Kiwi fruit (purchased) 2. Grape juice (purchased)	1. **Mango (purchased) 2. *Lemonade (purchased)
Hot Cereal/Grain:	1. Blueberry oatmeal	1. Cream of wheat	1. Steel cut oats	1. Apple cinnamon oatmeal	1. Breakfast polenta
Entrees (2):	1. Scrambled eggs and ham 2. Waffles	1. Swiss spinach quiche 2. French toast	1. Cheese and bacon omelet 2. Pancakes	1. Asian Omelet 2. Egg Salad Sandwich	1. Sausage and egg breakfast burrito 2. Egg-potato bake
Sides (3):	1. Ham (in entrée) 2. Dried fruit and nut granola 3. Hash brown potatoes (purchased frozen)	1. Swiss cheese and spinach (in entrée) 2. *Cottage cheese (purchased) 3. Banana Nut Bread	1. Cheese and bacon (in entrée) 2. Cinnamon roll 3. *Vanilla yogurt (purchased)	1. Onions, sprouts, snap peas, chestnuts (in entrée) 2. Pickle, pepper, onion, lettuce (in entrée) 3. Bagel (purchased)	1. Sausage (in entrée) 2. Potatoes (in entrée) 3. Date muffin 258
Lunch:					
Soup/Salad: (one each)	1. Garbanzo Bean Salad 2. Vegetable Beef Soup	1. Roasted Edamame Salad 2. Chicken Noodle Soup	1. *Cauliflower Broccoli Salad 2. Garden Chili	1. Marinated Garden Salad 2. Split Pea Soup	1. Spinach Cheese Salad 2. French Onion Soup
Entrees (2):	1. Tacos 2. Pizza	1. Club sandwich 2. Sweet and sour tofu	1. Grilled chicken breast 2. Grilled Vegetable and Mozzarella Quesadilla	1. Meat loaf 2. Eggplant Parmesan	1. Korean BBQ beef 2. Leek and mushroom quinoa
Vegetables (2):	1. Lettuce, tomato, onions (in entrée) 2. Celery Sticks (purchased)	1. Lettuce and tomato (in entrée) 2. Baked Tomatoes	1. *French-Fried Zucchini 2. *Peppers, mushrooms, eggplant, corn, squash, zucchini (in entrée)	1. Marinated Mushrooms 2. *Eggplant (in entrée)	1. Seasoned fresh beets 2. Leek and mushrooms (in entrée)
Grain/Bread/ Starch (2):	1. Buns (in entrée) 2. Pizza dough (in entrée)	1. Bread (in entrée) 2. Corn bread	1. **Oven-Roasted Sweet Potatoes with Soy Sauce 2. Tortillas (in entrée)	1. Butter buns 2. *Zucchini corn cakes	1. Sushi-style rice 2. Quinoa (in entrée)
Desserts (2):	1. Cream Puffs 2. Apple Fritters	1. Crepe 2. Peach Crisp	1. Rice Custard 2. Baked Date Pudding	1. Chocolate Pudding 2. Baked Apples	1. Cake Doughnuts 2. Carrot Cake
Dinner:					
Soup/Salad: (one each)	1. **Carrot-Raisin Salad 2. Cream of Mushroom Soup	1. Tender Greens and Fruit Salad 2. Cream of Cauliflower Soup	1. Tossed Vegetable Salad 2. Vegetable Chowder	1. Spinach Salad 2. Clam Chowder	1. Tomato Basil Salad 2. Pepper Pot Soup
Entrees (2):	1. Baked whole salmon 2. *Broccoli rice casserole	1. Pot roast of beef 2. Macaroni and cheese	1. Pepper steak 2. Spinach lasagna	1. Chicken pot pie 2. Tofu stir-fry	1. Baked fish fillet 2. Vegetable chow mein
Vegetables (2):	1. *Marinated Green Beans 2. *Broccoli (in entrée)	1. **Marinated Carrots 2. Seasoned brussels sprouts	1. *Seasoned Fresh Asparagus 2. *Spinach (in entrée)	1. *Carrots, green peas, celery (in entrée) 2. Mushrooms, cabbage, broccoli (in entrée)	1. *Collard greens (purchased) 2. *Carrots, onions, celery (in entrée)
Grain/Bread/ Starch (2):	1. Risotto 2. Rice (in entrée)	1. Stuffed Tiny Potatoes 222 2. Macaroni (in entrée)	1. Dinner Roll 2. Lasagna noodles (in entrée)	1. Pastry (in entrée) 2. Rice (in entrée)	1. Fried rice 2. Noodles (in entrée)
Desserts (2):	1. Pumpkin Pie 2. Fruit Cobbler	1. Pecan Pie 2. Fruit and cheese Dessert	1. Banana Cake 2. Ice Cream Pie	1. Cheesecake with Fruit Glaze 2. German Sweet Chocolate Cake	1. Brownies 2. Old-Fashioned Strawberry Shortcake

Assorted Beverages: Coffee/Tea/Milk Available Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

Monday Breakfast:

1. Apple (purchased)
2. Orange juice (purchased)
3. Blueberry oatmeal (Cooked Breakfast Cereals recipe), page 596
4. Scrambled eggs and ham (Scrambled eggs recipe), page 408
5. Waffles (Waffles recipe), page 276
6. Dried Fruit and Nut Granola (Dried Fruit and Nut Granola recipe), page 597
7. Hash brown potatoes (purchased frozen)

Monday Lunch:

1. Garbanzo Bean Salad (Garbanzo Bean Salad recipe), page 637
2. Vegetable Beef Soup (Vegetable Beef Soup recipe), page 790
3. Tacos (Tacos recipe), page 716
4. Pizza (Pizza recipe), page 482
5. Celery Sticks (purchased)
6. Cream Puffs (Cream Puffs recipe), page 396
7. Apple Fritters (Fritters recipe), page 282

Monday Dinner:

1. Carrot-Raisin Salad (Carrot-Raisin Salad recipe), page 635
2. Cream of Mushroom Soup (Basic Sauce for Cream Soup recipe), page 806
3. Baked Whole Salmon (Baked Whole Salmon recipe), page 436
4. Broccoli Rice Casserole (Broccoli Rice Au Gratin recipe), page 592
5. Marinated Green Beans (Marinated Mushrooms recipe), 643
6. Risotto (Risotto recipe), page 583
7. Pumpkin Pie (Pumpkin Pie recipe), page 379
8. Fruit Cobbler (Fruit Cobbler recipe), page 401

Tuesday Breakfast:

1. Cantaloupe (purchased)
2. Cranberry juice (purchased)
3. Cream of Wheat (Cooked Breakfast Cereals recipe), page 596
4. Swiss Spinach Quiche (Quiche recipe), page 417
5. French Toast (French Toast recipe), page 280
6. Cottage cheese (purchased)
7. Banana Nut Bread (Banana Nut Bread recipe), page 271

Tuesday Lunch:

1. Roasted Edamame Salad (Roasted Edamame Salad recipe), page 638
2. Chicken Noodle Soup (Chicken Noodle Soup recipe), page 792
3. Club Sandwich (Bacon, Lettuce, and Tomato Sandwich recipe), page 698
4. Sweet and Sour Tofu (Sweet and Sour Tofu recipe), page 626
5. Baked Tomatoes (Baked Tomatoes recipe), page 866
6. Corn Bread (Corn Bread recipe), page 268
7. Crepes (Crepes recipe), page 277
8. Peach Crisp (Apple Crisp recipe), page 398

Tuesday Dinner:

1. Tender Greens and Fruit Salad (Tender Greens and Fruit Salad recipe), page 634

2. Cream of Cauliflower Soup (Basic Sauce for Cream Soup recipe), page 806
3. Pot Roast of Beef (Pot Roast of Beef recipe), page 460
4. Macaroni and cheese (Macaroni and cheese recipe), page 542
5. Marinated Carrots (Marinated Carrots recipe), page 645
6. Seasoned Brussels Sprouts (Seasoned Brussels Sprouts recipe), page 832
7. Stuffed Tiny Potatoes (Stuffed Tiny Potatoes recipe), page 222
8. Pecan Pie (Pecan Pie recipe), page 379
9. Fruit and cheese Dessert (Fruit and cheese Dessert recipe), page 404

Wednesday Breakfast:

1. Orange (purchased)
2. Apple juice (purchased)
3. Steel Cut Oats (Cooked Breakfast Cereals recipe), page 596
4. Cheese and bacon omelet (Omelet Mixture with Omelet Variations recipe), page 410
5. Pancakes (Pancakes recipe), page 274
6. Cinnamon Roll (Cinnamon Roll recipe), page 302
7. Vanilla yogurt (purchased)

Wednesday Lunch:

1. Cauliflower Broccoli Salad (Coleslaw recipe), page 641
2. Garden Chili (Garden Chili recipe), page 794
3. Grilled Chicken Breast (Grilled Chicken Breast recipe), page 512
4. Grilled Vegetable and Mozzarella Quesadillas (Grilled Corn and Roasted Pepper Quesadillas recipe), page 710
5. French-Fried Zucchini (Seasoned Zucchini or Summer Squash recipe), page 864
6. Oven-Roasted Sweet Potatoes with Soy Sauce (Roasted Red-skinned Potatoes recipe), page 851
7. Rice Custard (Baked Custard recipe), page 393
8. Baked Date Pudding (Baked Date Pudding recipe), page 390

Wednesday Dinner:

1. Tossed Vegetable Salad (Tossed Vegetable Salad recipe), page 632
2. Vegetable Chowder (Corn Chowder recipe), page 810
3. Pepper Steak (Pepper Steak recipe), page 462
4. Spinach Lasagna (Spinach Lasagna recipe), page 550
5. Seasoned Fresh Asparagus (Seasoned Fresh Asparagus recipe), page 822
6. Dinner Rolls (Basic Roll Dough recipe), page 294
7. Banana Cake (Banana Cake recipe), page 319
8. Ice Cream Pie (Ice Cream Pie recipe), page 385

Thursday Breakfast:

1. Kiwi fruit (purchased)
2. Grape juice (purchased)
3. Apple cinnamon oatmeal (Cooked Breakfast Cereals recipe), page 596
4. Asian Omelet (Asian Omelet recipe), page 412
5. Egg Salad Sandwich (Egg Salad Sandwich recipe), page 695
6. Bagel (purchased)

Thursday Lunch:

1. Marinated Garden Salad (Marinated Garden Salad recipe), page 645
2. Split Pea Soup (Split Pea Soup recipe), page 801

3. Meat Loaf (Meat Loaf recipe), page 470
4. Eggplant Parmesan (Baked Eggplant recipe), page 839
5. Marinated Mushrooms (Marinated Mushrooms recipe), 643
6. Butter Buns (Butter Buns recipe), page 294
7. Zucchini Corn Cakes (Zucchini Corn Cakes recipe), page 278
8. Chocolate Pudding (Chocolate Pudding recipe), page 387
9. Baked Apples (Baked Apples recipe), page 398

Thursday Dinner:

1. Spinach Salad (Basic Mixed Green Salad recipe), page 632
2. Clam Chowder (Manhattan Fish and Clam Chowder recipe), page 815
3. Chicken Pot Pie (Chicken Pot Pie recipe), page 527
4. Tofu Stir-Fry (Chicken and Broccoli Stir-Fry), page 519
5. Cheesecake with Fruit Glaze (Cheesecake recipe), page 392
6. German Sweet Chocolate Cake (German Sweet Chocolate Cake recipe), page 321

Friday breakfast

1. Mango (purchased)
2. Lemonade (purchased)
3. Breakfast Polenta (Breakfast Polenta recipe), page 613
4. Sausage and Egg Breakfast Burrito (Egg and Cheese Breakfast Burrito recipe), page 415
5. Egg-Potato Bake (Egg and Sausage Bake recipe), page 412
6. Date Muffin (Basic Muffins recipe), page 257

Friday Lunch:

1. Spinach Cheese Salad (Spinach Cheese Salad recipe), page 646
2. French Onion Soup (French Onion Soup recipe), page 803
3. Korean BBQ Beef (Korean BBQ Beef recipe), page 479
4. Leek and Mushroom Quinoa (Leek and Mushroom Quinoa recipe), page 612
5. Seasoned Fresh Beets (Seasoned Fresh Beets), page 829
6. Sushi-Style Rice (Sushi-Style Rice recipe), page 596
7. Cake Doughnuts (Cake Doughnuts recipe), page 279
8. Carrot Cake (Carrot Cake recipe), page 316

Friday Dinner:

2. Tomato Basil Salad (Tomato Basil Salad recipe), page 643
3. Pepper Pot Soup (Pepper Pot Soup recipe), page 803
4. Baked Fish Fillet (Baked Fish Fillet recipe), page 429
5. Vegetable Chow Mein (Vegetable Chow Mein recipe), page 480
6. Collard greens (purchased)
7. Fried Rice (Fried Rice recipe), page 578
8. Brownies (Brownies recipe), page 355
9. Old-Fashioned Strawberry Shortcake (Old-Fashioned Strawberry Shortcake recipe), page 403

References:

Molt, M. K. *Food for Fifty*. [VitalSource Bookshelf]. Retrieved from <https://online.vitalsource.com/#/books/9780134437217/>