


Lunch - Headstart



July 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	BBQ Pork Rib Sandwich - CN BBQ Baked Beans Peaches & Strawberries WG Hamburger Bun Milk	4		5	Cheesy Broccoli Chicken Breast Peas & Carrots Pineapple Tidbits WG Dinner Roll Milk	6	Meatballs in Brown Gravy - CN Twice Baked Mash Potatoes Fresh Apple WG Breadstick Milk	7	Beef Taco Cass. w/ WG Rotini Pasta Mixed Greens Side Salad Ranch Dressing Fresh Banana Milk
10	Hamburger - CN Corn Sliced Pears WG Hamburger Bun Milk	11	Cheesy Beef & WG Rice Casserole Broccoli Cuts Fresh Orange Milk	12	Turkey & Cheese Sandwich on WG Bun Ranch Mashed Potatoes Fresh Apple Milk	13	WG Breaded Chicken Nuggets - CN Green Beans Fresh Banana Milk	14	WG Mac & Cheese Mixed Vegetables Fresh Pear Milk
17	Chicken Pot Pie over Mashed Potatoes Pineapple Tidbits WG Dinner Roll Milk	18	WG Breaded Chicken Tenders - CN Fresh Carrot Sticks Fresh Apple Milk	19	Sloppy Joe Sandwich Au gratin Potatoes Fresh Banana WG Hamburger Bun Milk	20	WG Cheeseburger Macaroni Casserole Mixed Greens Side Salad Ranch Dressing Fresh Orange Milk	21	Grilled Chicken Sandwich - CN Diced Carrots Fresh Pear WG Hamburger Bun Milk
24	Pulled Pork Sandwich Scalloped Potatoes Sliced Peaches WG Mini Hoagie Bun Milk	25	Beef & Cheese Taco Taco Meat Shredded Cheese Black Beans Fresh Orange WG Tortilla Shell Milk	26	Meatball Marinara Sub Sandwich - CN Potato Wedges Fresh Apple WG Hot Dog Bun Milk	27	WG Breaded Chicken Sandwich - CN BBQ Baked Beans Fresh Banana WG Hamburger Bun Milk	28	Creamy Tuna & WG Egg Noodle Cass. Fresh Celery Sticks Fresh Pear Milk
31	WG Spaghetti & Beef Sauce Green Beans Fruit Cocktail Milk	1	Hamburger - CN Diced Sweet Potatoes Fresh Banana WG Hamburger Bun Milk	2	Teriyaki Chicken Breast - CN Diced Carrots Fresh Pear WG Breadstick Milk	3	WG Chicken Nuggets - CN Au gratin Potatoes Fresh Orange Milk	4	Turkey & Cheese Sandwich on WG Bread Green Beans Fresh Apple Milk

Beef Taco Casserole			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Beef Taco Filling	2	10.0%	
Pasta WG Rotini	4	20.0%	
Sauce Mix Cheese	3.9	19.5%	
Diced Onion	0.7	3.5%	
Diced Pepper	0.7	3.5%	
Diced Tomato	0.7	3.5%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	5	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2

Cheesy Beef & Rice			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Brown Rice	4	20.0%	
Mix Cheese Sauce	8	40.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	5	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2

Macaroni & Cheese			
BATCH YIELD (LBS)		25	
INGREDIENTS (LBS)			
Cheese American Loaf	10	40.0%	
Pasta WG Elbow Noodle	10	40.0%	
Mix Cheese Sauce	5	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	2.4	2.4
School K-8	6	2.4	2.4
Daycare 6-12	5	2	2
Daycare 3-5	4	1.6	1.6
Daycare 1-2	3	1.2	1.2

Chicken Pot Pie			
BATCH YIELD (LBS)		10	
INGREDIENTS (LBS)			
Chicken Meat Diced	4	40.0%	
Mix Chicken Gravy	4	40.0%	
Vegetable Mix 5 Way	2	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6		2.4
School K-8	6		2.4
Daycare 6-12	5		2
Daycare 3-5	4		1.6
Daycare 1-2	3		1.2

Sloppy Joe			
BATCH YIELD (LBS)		13	
INGREDIENTS (LBS)			
Beef Ground Precooked	10	76.9%	
Sauce BBQ	1	8.0%	
Tomato Paste	1	8.0%	
Diced Onion	1	8.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		2.3
School K-8	4		2.3
Daycare 6-12	4		2.3
Daycare 3-5	3		1.7
Daycare 1-2	2		1.1

Cheeseburger Macaroni			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Cheese American Loaf	2.4	12.0%	
Pasta WG Elbow Noodle	6.1	30.5%	
Mix Cheese Sauce	4.6	23.0%	
Beef Ground Precooked	6.1	30.5%	
Diced Onion	0.8	4.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.8	2.5
School K-8	6	1.8	2.5
Daycare 6-12	5 - #6	1.5	2.1
Daycare 3-5	4 - #6	1.2	1.7
Daycare 1-2	3 - #12	0.9	1.2

Taco Meat Beef			
BATCH YIELD (LBS)		9.5	
INGREDIENTS (LBS)			
Beef Ground Precooked	7.6	80.0%	
Beef Taco Filling	1.9	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.2
School K-8	4		3.2
Daycare 6-12	3		2.2
Daycare 3-5	2		1.6
Daycare 1-2	2		1.6

Creamy Tuna & Egg Noodles			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Meat Tuna Light	8	40.0%	
Pasta WG Egg Noodles	4	20.0%	
Mix Alfredo Sauce	4	20.0%	
Mix Cream Soup	4	20.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	6	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2

Spaghetti & Meat Sauce			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	8	40.0%	
Pasta WG Spaghetti Noodles	4	20.0%	
Sauce Spaghetti Red Sodium	3.7	18.5%	
Sauce Marinara All Purpose	3.7	18.5%	
Diced Onion	0.9	3.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	6	1.2	2.4
School K-8	6	1.2	2.4
Daycare 6-12	5	1	2
Daycare 3-5	4	0.8	1.6
Daycare 1-2	3	0.6	1.2