

Lunch - Headstart



November 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30	Walking Beef Taco! Beef Taco Meat Shredded Cheese Black Beans Applesauce WG Nacho Doritos PC Milk	31	WG Cavatappi & White Cheese Sauce Green Beans Fresh Orange Milk <i>Bonus Holiday Treat!</i>	1	 Sliced Deli Turkey American Cheese(.67oz) on WG Bun Coleslaw Fresh Grapes Milk	2	Ham & Au gratin Potatoes Peas & Carrots WG Breadstick Milk	3	WG Chicken Nuggets - CN Corn Fresh Banana Milk
6	Sloppy Joe Sandwich Corn Pineapple & Strawberries WG Hamburger Bun Milk	7	Turkey Pot Pie over Mashed Potatoes Fresh Apple WG Dinner Roll Milk	8	Meatballs in Marinara - CN Mixed Greens Side Salad Ranch Dressing Fresh Banana WG Breadstick Milk	9	BBQ Pork Rib Patty - CN BBQ Baked Beans Fresh Orange WG Hot Dog Bun Milk	10	Pulled Chicken & Cheese Soft Taco Shredded Cheese Diced Fiesta Potatoes Fresh Pear WG Tortilla Shell Milk
13	Hamburger Patty in Tomato Gravy - CN Scalloped Potatoes Mandarin Oranges WG Dinner Roll Milk	14	WG Mac & Cheese Green Peas Fresh Apple Milk	15	WG Chicken Tenders - CN Diced Carrots Fresh Banana Milk	16	Chicken Breast in Chicken Gravy - CN Whipped Potatoes Fresh Orange WG Breadstick Milk	17	Beef & Three Bean Chili Mixed Greens Side Salad Ranch Dressing Fresh Pear WG Dinner Roll Milk
20	Taco Joe Sandwich Au gratin Potatoes Pineapple Tidbits WG Hamburger Bun Milk	21	Swedish Meatballs Mashed Potatoes Fresh Banana WG Breadstick Milk	22	Chicken Dressing Casserole Green Beans Strawberries & Mango WG Dinner Roll Milk <i>Bonus Holiday Treat!</i>	23			
27	Hamburger Patty - CN Cheesy Hashbrowns Diced Pears WG Hamburger Bun Milk	28	WG Spaghetti & Beef Sauce Mixed Green Side Salad Ranch Dressing Fresh Orange Milk	29	WG Chicken Nuggets - CN Diced Carrots Fresh Pear Milk	30			Pulled Pork Sandwich Green Beans Fresh Apple WG Hamburger Bun Milk

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

White Mac & Cavatappi			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Cheese Amer. White Loaf	8	30.0%	
Pasta WG Cavatappi Noodle	8	30.0%	
Shredded Mozzarella	4	20.0%	
Mix Alfredo Sauce	2	10.0%	
Mix Cream Soup	2	10.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	8	1.8	3
School K-8	8	1.8	3
Daycare 6-12	5	1.5	2.5
Daycare 3-5	4	1.2	2
Daycare 1-2	3	0.9	1.5

Ham & AuGratin Potato			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Ham Meat Diced	8	45.0%	
Potato AuGratin Dehydrated	11	55.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	8		2.7
School K-8	8		2.7
Daycare 6-12	5		2.2
Daycare 3-5	4		1.8
Daycare 1-2	3		1.3

Sloppy Joe			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	15.2	76.0%	
Sauce BBQ	2.2	11.0%	
Tomato Paste	1.6	8.0%	
Diced Onion	1	5.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3
School K-8	4		3
Daycare 6-12	4		3
Daycare 3-5	3		2.2
Daycare 1-2	2		1.5

Turkey Pot Pie			
BATCH YIELD (LBS)		10	
INGREDIENTS (LBS)			
Turkey 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	8		2.4
School K-8	8		2.4
Daycare 6-12	5		2
Daycare 3-5	4		1.6
Daycare 1-2	3		1.2

Macaroni & Cheese			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Cheese American Loaf	8	40.0%	
Pasta WG Elbow Noodle	4	20.0%	
Mix Cheese Sauce	4	20.0%	
Canned Cheese Sauce	2	10.0%	
Water	2	10.0%	
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

Hearty 3 Bean Chili			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	5	25.0%	
Bean Chili	4	20.0%	
Bean Kidney	3.8	19.0%	
Bean Black	3.8	19.0%	
Sauce Tomato	2.2	11.0%	
Diced Pepper	0.4	2.0%	
Diced Onion	0.4	2.0%	
Diced Tomato	0.4	2.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	5		3.1
School K-8	5		3.1
Daycare 6-12	5		3.1
Daycare 3-5	4		2.5
Daycare 1-2	3		1.9

Taco Joe			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	18	90.0%	
Tomato Paste	1	5.0%	
Diced Onion	0.8	4.0%	
Diced Pepper	0.8	4.0%	
Diced Tomato	0.8	4.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	4		3.2
School K-8	4		3.2
Daycare 6-12	4		3.2
Daycare 3-5	3		2.4
Daycare 1-2	2		1.6

Chicken Dressing Cass.			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Chicken Meat Diced	8	40.0%	
Stuffing Mix Cornbread	8	40.0%	
Mix Chicken Gravy	4	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

Spaghetti & Meat Sauce			
BATCH YIELD (LBS)		20	
INGREDIENTS (LBS)			
Beef Ground Precooked	10	50.0%	
Pasta WG Spaghetti Noodles	4	20.0%	
Sauce Spaghetti Red. Sodium	6	30.0%	
Nutritional Equivalencies			
	Serving (oz)	Grain (oz)	Meat (oz)
School 9-12/Adult	8	1.2	3
School K-8	8	1.2	3
Daycare 6-12	5	1	2.5
Daycare 3-5	4	0.8	2
Daycare 1-2	3	0.6	1.5