

Lunch - Headstart



February 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	Sweet Chili Chicken Breast Broccoli Pineapple Tidbits WG Breadstick Milk	30	Sloppy Joe Sandwich Loaded Mash Potatoes Fresh Apple WG Hamburger Bun Milk	31	BBQ Pork Rib Patty BBQ Baked Beans Fresh Banana WG Mini Hoagie Bun Milk	1	Beef Taco Cass. w/ WG Rotini Pasta Corn Fresh Orange Milk	2	Hamburger Patty with Marinara Italian Potato Wedges Fresh Pear WG Breadstick Milk
5	WG Chicken Tenders - CN Mashed Potatoes Cinnamon Apples Milk	6	Chicken Lo Mein w/ WG Spaghetti Peas & Carrots Fresh Banana Milk	7	Hamburger Gravy over Mashed Potatoes Fresh Apple WG Bread Slice Milk	8	BBQ Chicken Breast Sandwich Coleslaw Fresh Orange WG Hamburger Bun Milk	9	Three Meat Pizza Pasta Casserole w/ Cavatappi Mixed Greens Salad Ranch Dressing Fresh Pear Milk
12	Hamburger Patty-CN BBQ Baked Beans Tropical Fruit Mix WG Hamburger Bun Milk	13	Chicken Fajita Bowl w/ Peppers, Onion & Rice Pinto Beans Fresh Apple WG Tortilla Chips Milk	14	Happy Valentine's Day! White Mac & Cheese Mixed Vegetables Fresh Banana Milk <i>Holiday Treat!!</i>	15	Sweet & Sour Meatballs - CN Peas & Carrots Fresh Orange WG Breadstick Milk	16	WG Fish Patty Sandwich American Cheese Slice Potato Salad Fresh Pear WG Hamburger Bun Tartar Sauce PC Milk
19	Cheesy Joe Sandwich Scalloped Potatoes Sliced Peaches WG Hamburger Bun Milk	20	Chicken Breast in Gravy Mashed Potatoes Fresh Orange WG Dinner Roll Milk	21	Chicken & Waffles! WG Chicken Tenders Belgian Waffle Honey Glazed Carrots Fresh Apple Milk	22	Beef & Shredded Cheese Tacos Corn Fresh Pear WG Tortilla Shell Milk	23	Creamy Tuna & WG Macaroni Cass. Country Blend Vegetables Fresh Banana Milk
26	Chicken Pot Pie over Mashed Potatoes Tropical Fruit WG Bread Slice Milk	27	Cheeseburger - CN American Cheese Slice Green Beans Fresh Apple WG Hamburger Bun Milk	28	Fiesta Tortilla Cass. w/ Beef & WG Rice Green Peas Fresh Pear Milk	29	WG Chicken Nuggets - CN Broccoli & Cauliflower Fresh Banana Milk	1	Cheese Omelet-CN in Cheese Sauce Breakfast Potatoes Fresh Orange WG Bread Slice Milk



Sloppy Joe				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	15.2	78.0%		
Sauce BBQ	2.2	11.0%		
Tomato Paste	1.8	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	

Beef Taco Casserole				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8.7	43.5%		
Pasta WG Rotini	5	25.0%		
Sauce Mix Cheese	4	20.0%		
Diced Onion	0.8	4.0%		
Diced Tomato	0.8	4.0%		
Diced Pepper	0.7	3.5%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	5	1.5	2.6	
School K-8	5	1.5	2.6	
Daycare 6-12	5	1.2	2.1	
Daycare 3-5	4	1	1.7	
Daycare 1-2	3	0.7	1.3	

Chicken Lo Mein w/ WG Spaghetti				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Pounds				
Chicken Meat Diced	9	45.0%		
WG Spaghetti Pasta	5	25.0%		
Vegetable Japanese Blend	3	15.0%		
Sauce Soy Light	3	15.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	5	1.5	2.7	
School K-8	5	1.5	2.7	
Daycare 6-12	5	1.2	2.2	
Daycare 3-5	4	1	1.8	
Daycare 1-2	3	0.7	1.3	

Hearty Hamburger Gravy				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	13	65.0%		
Mix Brown Gravy	7	35.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	4		2.6	
School K-8	4		2.6	
Daycare 6-12	4		2.6	
Daycare 3-5	3		1.9	
Daycare 1-2	2		1.3	

Three Meat Pizza Pasta w/ Cavatappi				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	4	20.0%		
Sausage Ground Precooked	4	20.0%		
Pepperoni Sliced	1.6	8.0%		
Sauce Marinara All Purpose	3.2	16.0%		
Sauce Alfredo	3.2	16.0%		
Pasta Cavatappi	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	5	1	2	
Daycare 3-5	4	0.8	1.6	
Daycare 1-2	3	0.6	1.2	

Chicken Fajita Bowl				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Chicken Meat Diced	9	45.0%		
White Rice	4	20.0%		
Vegetable Peppers & Onion	4	20.0%		
Fiesta Queso Blanco Sauce	3	15.0%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6	1.2	2.7	
School K-8	6	1.2	2.7	
Daycare 6-12	5	1	2.2	
Daycare 3-5	4	0.8	1.8	
Daycare 1-2	3	0.6	1.3	

White Mac & Cavatappi				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Cheese Amer. White Loaf	8	30.0%		
Pasta Cavatappi Noodles	6	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	6	1.8	3	
School K-8	6	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	

Cheesy Joe				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	15.9	79.5%		
Mix Cheese Sauce	2	10.0%		
Canned Cheese Sauce	2	10.0%		
Minced Garlic	0.1	0.5%		
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	4		3.1	
School K-8	4		3.1	
Daycare 6-12	4		3.1	
Daycare 3-5	3		2.4	
Daycare 1-2	2		1.5	

Creamy Tuna Mac				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Meat Tuna Light	8	40.0%		
Pasta WG Elbow Pasta	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	5	1	2	
Daycare 3-5	4	0.8	1.6	
Daycare 1-2	3	0.6	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	

Fiesta Tortilla Casserole				
BATCH YIELD (LBS)		20		
INGREDIENTS (LBS)				
Beef Ground Precooked	8	40.0%		
Rice Brown	5	25.0%		
Mix Cheese Sauce	2.8	14.0%		
Cheese Sauce_Canned	1.6	8.0%		
Cheese Cheddar/Jack Shred	1.2	6.0%		
Salsa Chunky Mild	1	5.0%		
Veg. Blend Chuckwagon Com	0.4	2.0%		
Chip Tortilla Strip - Gamish				
Nutritional Equivalencies				
	Serving (oz)	Grain (oz)	Meat (oz)	
School 9-12/Adult	6	1.5	2.4	
School K-8	6	1.5	2.4	
Daycare 6-12	5	1.2	2	
Daycare 3-5	4	1	1.6	
Daycare 1-2	3	0.7	1.2	