

TOL Hot Lunch Meal Suggestions

Remember: Kindergartners eat like birds. Middle Schoolers eat until you cut them off. Small servings in the first lunch period or you might run out.

We have warmer pans at school you can borrow to put stuff in.

Presently there are 60 kids and 7 staff for lunch.

These “recipes” are for 75 kids

Formulae:

- **Meat**
 - 4oz per person. $85 \times 4 = 340\text{oz} / 16 =$
 - about **20lbs**. TOTAL
 - of course, you could do less if more starches.
- **Sides**
 - About $\frac{1}{2}$ cup per person.
- Spaghetti noodles or Pasta
 - **Figure 8lbs total**
- Fruit & Veggies
 - $\frac{1}{2}$ cup per person
 - 3 or 4 10lb. Cans of fruit
 - $\frac{1}{2}$ banana per person
 - 1 cutie per person
 - Apples sliced can serve 3 or 4 people

Easy Menus for 75 kids!

- Breakfast (Pancakes, egg, sausage)
 - 160 Pancakes
 - 80 eggs

- 160 sausages
 - 3 or 4 10lb cans of fruit.
- Taco Bar
 - 20 pounds of taco meat
 - 160 hard or soft shells
 - Large bowl of diced tomatoes
 - 4lbs shredded cheese
 - 4 heads of lettuce
 - Hot sauce
- Cheesy Potato Soup or Chili
 - Figure 4 gallons of soup (6oz serving average)
 - Side Salad- 2 big bags of lettuce or 4 heads
 - Dressings 2 or 3 bottles
 - 80 rolls
- Chicken Nuggets
 - 400 nuggets
 - 10lbs French fries or 20lbs mac n cheese
 - Fresh fruits 10 to 20 pounds
- Chicken Alfredo
 - 8 lbs. spaghetti noodles
 - 8 lbs. of chicken
 - Cheese sauce
 - Side Salad or Fruit
- Salad Bar
 - 8 heads of lettuce
 - 4 bottles of dressing, large
 - All the toppings
 - Make the most of meat and cheese. Figure 3oz per person
 - 80 rolls

Sides (Figure a couple ounces per person, or ½ cup)

- Chips
- Carrots
- Salad
- Grapes
- Oranges
- Rolls
- Goldfish Crackers

Sack lunches are also a great idea!

We have

- Commercial Warmer
- Steam Table
- Commercial Refrigerator & Freezer
- All plastic service wear