

## Lunch Menu Ideas

The prices used for these examples were obtained on December 29, 2005, from the most economical brands and package sizes available at the Albany Hannaford Plaza.

### Choice #1

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Roast Turkey Sandwich:</b> <b>Sliced Turkey</b> <b>Wheat Bread</b> <b>Mayonnaise (optional)</b>	1 1/2 oz. 1 slice	2 1/2 pounds 26 slices	5 pounds 50 slices	10 pounds 100 slices
<b>Baby Carrots, Fresh</b> <b>Peach Slices, Canned</b>	1/4 cup 1/4 cup	3 1/4 pounds 1 Number 10 can <b>or</b> 2 - 28 oz. cans	6 1/2 pounds 2 Number 10 cans <b>or</b> 4 - 28 oz. cans	13 pounds 3 Number 10 cans <b>or</b> 8 - 28 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

\*Preparation: Put 3 oz. turkey on 2 slices of bread to make a whole sandwich, then cut in half.

**Approximate Cost Per Portion: \$1.09**

### Choice #2

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Ham &amp; Cheese Sandwich:</b> <b>Sliced Ham</b> <b>Sliced Cheese</b> <b>Wheat Bread</b> <b>Mustard (optional)</b>	1 ounce 1/2 ounce 1 slice	1 1/2 pounds 1 pound 26 slices	3 1/4 pounds 1 3/4 pounds 50 slices	6 1/4 pounds 3 1/4 pounds 100 slices
<b>Three Bean Salad, Canned OR</b>  <b>Wax Beans AND</b>  <b>Green Beans AND</b>  <b>Kidney Beans</b> <b>Italian Dressing (optional)</b> <b>Mandarin Oranges, Canned</b>	1/4 cup      1/4 cup	1 Number 10 can <b>or</b> 1-14.5 oz. can 2-14.5 oz. cans 1-14.5 oz. can	2 Number 10 cans <b>or</b> 2-14.5 oz. cans 4-14.5 oz. cans 2-14.5 oz. cans	3 Number 10 cans <b>or</b> 4-14.5 oz. cans 8-14.5 oz. cans 4-14.5 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

\* Preparation: Put 2 oz. ham and 1 oz. cheese on 2 slices of bread to make a whole sandwich, then cut in half.

**Approximate Cost Per Portion: \$0.79**

## Lunch Menu Ideas

### Choice #3

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Tuna Salad Sandwich:</b>				
<b>Drained Tuna, Canned</b>	1 1/2 oz.	7-6 oz. cans	14-6 oz. cans	28-6 oz. cans
<b>Wheat Bread</b>	1 slice	26 slices	50 slices	100 slices
<b>Mayonnaise (optional)</b>	4			
<b>Saltine-type Crackers</b>	crackers	1 pounds	2 pounds	3 pounds
<b>Green Pepper Strips, Fresh</b>	1/4 cup	2 pounds	4 pounds	7 pounds
<b>Pineapple Chunks, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 3 - 20 oz. cans	1 Number 10 cans <b>or</b> 6 - 20 oz. cans	2 Number 10 cans <b>or</b> 11 - 20 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

\*Preparation: Add mayonnaise to tuna. Put 3 oz. tuna salad on 2 slices of bread to make a whole sandwich. Use all of the tuna salad evenly on all of the sandwiches, then cut in half.

**Approximate Cost Per Portion:     \$0.80**

### Choice #4

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Italian Mixed Sandwich or Sub:</b>				
<b>Sliced Salami AND</b>	1/2 ounce	1 pound	2 pounds	4 pounds
<b>Sliced Turkey-Ham AND</b>	1/2 ounce	1 pound	2 pounds	4 pounds
<b>Sliced American Cheese</b>	1/2 ounce	1 pound	2 pounds	4 pounds
<b>Italian Bread (or sub-type rolls)</b>	1 slice	26 slices	50 slices	100 slices
<b>Mayonnaise or Italian Dressing (optional)</b>				
<b>Carrot Sticks OR Baby Carrots, Fresh</b>	1/4 cup	3 pounds	5 pounds	10 pounds
<b>Applesauce, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 4 - 16 oz. cans	2 Number 10 cans <b>or</b> 8 - 16 oz. cans	3 Number 10 cans <b>or</b> 15 - 16 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

\*Preparation: Put 1 oz. salami, 1 oz. ham, and 1 oz. cheese on 2 slices of bread to make a whole sandwich, then cut in half.

**Approximate Cost Per Portion:     \$0.91**

## Lunch Menu Ideas

### Choice #5

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Egg Salad Sandwich: Large Eggs</b>	1 egg	2-dozen + 2 eggs	4-dozen + 2 eggs	8-dozen + 4 eggs
<b>Wheat Bread</b>	1 slice	26 slices	50 slices	100 slices
<b>Mayonnaise (optional)</b>				
<b>Celery Sticks, Fresh</b>	1/4 cup	2 1/2 pounds	4 1/2 pounds	8 1/2 pounds
<b>Pitted Apricots, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 4-15.25 oz. cans	2 Number 10 cans <b>or</b> 8-15.25 oz. cans	3 Number 10 cans <b>or</b> 16-15.25 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

Preparation:

1. Hard boil the eggs
2. Peel and chop the cooked eggs. Add mayonnaise & mix well.
3. Put approximately 3/4 cup mixture on 2 slices of bread. Use all of egg salad evenly on all of the sandwiches.
4. Cut sandwich in half.

**Approximate Cost Per Portion:**

**\$0.68**

### Choice #6

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Peanut Butter and Jelly Sandwich: Peanut Butter</b>	1 1/2 oz.	1/2 Number 10 can <b>or</b> 2 - 16 oz. jars	1 Number 10 can <b>or</b> 3 - 16 oz. jars	2 Number 10 cans <b>or</b> 6 - 16 oz. jars
<b>Wheat Bread</b>	1 slice	26 slices	50 slices	100 slices
<b>Jelly or Jam (optional)</b>		1 qt. jar	1/2 gallon	1 gallon
<b>Yogurt, Fruited</b>	1/2 cup			
<b>4 oz. Container OR</b>		30	60	120
<b>8 oz. Container OR</b>		15	30	60
<b>32 oz. Container</b>		4	8	15
<b>Banana , Fresh</b>	1/4 cup	4 pounds	7 pounds	13 pounds
<b>Tropical Fruit Salad, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 4 - 15 oz. cans	2 Number 10 cans <b>or</b> 8 - 15 oz. cans	3 Number 10 cans <b>or</b> 15 - 15 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

Preparation: Use 3 tablespoons of peanut butter per whole sandwich. Use jelly/jam as desired, then cut in half.

**Approximate Cost Per Portion:**

**\$0.72**

Choice #7

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 American Cheese Sandwich</b>				
<b>Sliced American Cheese</b>	1 1/2 oz.	2 1/2 pounds	5 pounds	9 1/2 pounds
<b>Mayonnaise (optional)</b>				
<b>Wheat Bread OR</b>	1 slice	26 slices	50 slices	100 slices
<b>Ritz-type Crackers</b>	4 crackers	1 pound	2 pounds	3 pounds
<b>Oranges, Fresh</b>	1/4 cup	4 pounds	7 pounds	14 pounds
<b>Lettuce and Tomato, Fresh</b>				
<b>Lettuce</b>	1/8 cup	1 pound	2 pounds	3 pounds
<b>Tomato</b>	1/8 cup	2 pounds	3 pounds	6 pounds
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

Preparation: Put 3 oz. cheese on 2 slices of bread to make one sandwich, then cut in half. **OR:** Provide 1 1/2 oz. cheese and 4 crackers per child.

**Approximate Cost Per Portion: \$1.06**

Choice #8

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>1/2 Roast Beef Sandwich:</b>				
<b>Lean, Sliced Roast Beef</b>	1 1/2 oz.	2 1/2 pounds	5 pounds	9 1/2 pounds
<b>Wheat Bread</b>	1 slice	26 slices	50 slices	100 slices
<b>Mayonnaise (optional)</b>				
<b>Cold Slaw</b>	1/4 cup	2 pounds	3 pounds	6 pounds
<b>Fruit Cocktail, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 3 - 30 oz. cans	2 Number 10 cans <b>or</b> 4 - 30 oz. cans	3 Number 10 cans <b>or</b> 8 - 30 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

Preparation: Put 3 oz. roast beef on 2 slices of bread to make a whole sandwich, then cut in half.

**Approximate Cost Per Portion: \$1.34**

## Lunch Menu Ideas

### Choice #9

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>Bakes Beans, Canned</b>	3/8 Cup	1 Number 10 Can <b>or</b> 3 - 28 oz. cans	2 Number 10 cans <b>or</b> 6 - 28 oz. cans	3 Number 10 cans <b>or</b> 12 - 28 oz. cans
<b>Graham Crackers</b>	2 squares	1 pound	2 pounds	3 pounds
<b>Apple, Fresh</b>	1/4 cup	3 pounds	5 pounds	9 pounds
<b>Cut or Whole Sweet Potatoes, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 3-29 oz. cans	2 Number 10 cans <b>or</b> 5 - 29 oz. cans	2 Number 10 cans <b>or</b> 9 - 29 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

**Approximate Cost Per Portion:**

**\$0.60**

### Choice #10

Food Items:	Portion size	For 26 Children	For 50 Children	For 100 Children
<b>Garbanzo Bean Salad:</b> <b>Garbanzo Beans, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 4 - 15.5 oz. can	2 Number 10 cans <b>or</b> 8 - 15.5 oz. cans	4 Number 10 cans <b>or</b> 15 - 15.5 oz. cans
<b>Italian Dressing (optional)</b>				
<b>Tortilla or Taco Chips (made from whole grain flour or meal)</b>	1/2 ounce	1 pound	2 pounds	4 pounds
<b>String Cheese</b>	1 ounce	2 pounds	4 pounds	7 pounds
<b>Broccoli and Cauliflower, Fresh</b>				
<b>Broccoli</b>	1/8 cup	2 pounds	3 pounds	5 pounds
<b>Cauliflower</b>	1/8 cup	2 pounds	3 pounds	5 pounds
<b>Pears, Halved or Diced, Canned</b>	1/4 cup	1 Number 10 can <b>or</b> 4 - 16 oz. cans	2 Number 10 cans <b>or</b> 7 - 16 oz. cans	3 Number 10 cans <b>or</b> 14 - 16 oz. cans
<b>Milk, Non-Fat/Low-Fat</b>	6 ounces	1 gal. & 1 qt.	2 1/2 gallons	5 gallons

\* Preparation: Wash and drain canned beans, add chopped celery and chopped carrots if desired, and add Italian salad dressing to taste. Mix well. Serve cold.

**Approximate Cost Per Portion:**

**\$0.76**