

Notes for Feeding Team 997

2023 season
Updated 2/28/23

This document is to share information about food and feeding the team. One of the biggest challenges and questions is how much of what. The meal ideas folder has many more details about feeding a big group

While everything is flexible, this information can be a starting point. If you have questions email denise.cardinali@yahoo.com or shermanmonique2@gmail.com

General Information

We have paper plates, bowls, silverware, napkins, mugs. This year our goal before every meal will be to have enough mugs washed and ready to go.

For serving, we have spoons, tongs, and ladles. We do not have spatulas..but make do with spoons.

The team has 3 standard-sized crockpots and one small (2 qt) available to be borrowed.

1 electric griddle

Lots of foil pans

Numbers: We have 32 students and 10-12 mentors. In sign up we will post anticipated numbers, since everyone is not at every meeting.

Food Allergies:

7 Vegetarians, 1 no pork, 1 poultry allergy, 2 seafood allergies, 1 cashew nut allergy, 4 lactose intolerant, 2 gluten intolerant* - * 1 individual is both gluten and lactose intolerant.

See guide for feeding the team for more information about food allergies.

Note: we are feeding robot builders, not catering a fine meal. So these notes are a reference point, not a plan to follow precisely. Flexibility in robot building is important, and we can transfer that skill to food.

Items in Stock: as of 1/15 - *this might not be fully inclusive, email or call*

Salsa - lot of it

Salad dressing - various bottles

Mustard

Sour cream

Grated cheese- 2 lbs in refrigerator and more in freezer

Hot chocolate - lots

Week in a day.

December 3rd

32 people (3 had reported conflict/absence)

Morning Snack

Mini Muffins - 2 box of Krusteaz made 60 (not the 48 listed the box0

Gluten Free Muffins in the freezer for future use.

Tea & hot Chocolate

Taco Bar

Soft shell taco size tortillas - 6 packages of 10- about 6 inches used almost all. (most kids ate 2)

Hard shell corn shells - ½ box used 9 - we have an extra full box

Shredded pork - 8 lbs of raw picnic roast Winco \$3/lb - ate ¾ of it.

Shredded beef - 2 chuck roast w/bone -5-6 lbs - ate almost all of it.

Recipe - [Mexican Beef](#) 55 mins in Instapot

Rice 4 cups uncooked - 2 lbs bag - all gone

Tortilla chips - 2 bags party size 17 oz bags- ate about 1 ½ - about 24 oz

Refried Beans - 10 cans - 7 would have been enough (there is also a recipe in the meal idea folder to do with beans vs refried beans)

Shredded cheese 1 ½ lbs

Shredded lettuce - 2-bags 8 oz each

Tomatoes - 4 very lg diced - 3 lg (or 2 very large) diced would have been enough

Sliced black olives - 4 cans - ate almost all

Sour cream 1 ½ - 8 oz containers

Guacamole - 2 containers about 6-8 ozs size

Salsa - ½ of large jug - we have extra

Cutie oranges - one bag - about 3 lbs.



Rice Krispie Treats - 1 box of 60 - all gone by end of snack time

Snacks - Grocery Outlet

Here is an example from Grocery Outlet. This day did have some extra good deals. 🥳

Fundable fruit snacks 2 boxes for \$1

Rice pudding 12 cups for \$2.99

Humus and pretzel cups 2 for \$1

Fruit roll-ups 10 pack for \$1.49 - this is a typical sale

102 snacks for \$15.95- a little heavy on the fruit snack/fruit roll-ups..but this is a primary food group for a robotics team. 😊



Kick Off Saturday, Jan 7th

I forgot to take pictures in before serving lunch. Got a picture of the team eating 😞



Brunch - 36 people

3 pans (2 sausage, 1 vegetarian) of egg bake 8x13 - 1 piece left over

Insta pot of oatmeal with brown sugar, raisin, and walnut - about 1/2 eaten

3 pan cinnamon rolls (about 60) - all gone

Bring fruit in future (maybe)

Dinner - 36 people

Lasagna 3 pans - 1 vegetarian - all eaten but 4 pieces of vegetarian

Caesar Salad -

Garlic bread

Various desserts - brownies were very popular

Friday Jan 13th

Baked Potato Bar aimed for 35 (30 present)

Potatoes -

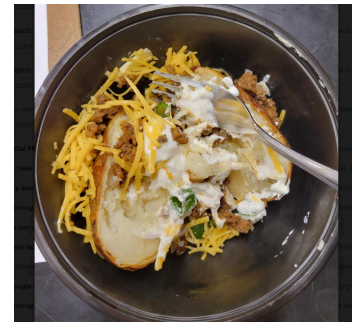
- Russets various sizes from 9 3lb bag w/ ~8 potatoes per bag
- estimate 1.25 per person.



- Some were big, others smaller. Should have put more potatoes in the first round of bowls when they were small. (Potatoes were underutilized while toppings were overutilized)
- Bagged potatoes took *a lot of* washing and prep, but less time to bake than large, clean individual potatoes
- Used team's stash of Al foil pre-cut sheets (very useful), lots remain for next time
 - Individually wrapped in foil after basting w/ olive oil and sprinkled with salt
 - 400 degrees convection for 1hr
- Kept potatoes hot in pre-warmed cooler

Toppings:

- 8 can Amy's Vegetarian Chili in slow cooker- 10 would have been ideal (or 8 would have gone farther if I had put more potato in everyone's first-round bowl)
- Beyond Beef (Vegetarian) 4#s - about 3#s consumed
- Shredded cheese 2lbs (surprisingly, would have been cheaper to buy the already shredded bulk cheese rather than the 2# block of Tillamook - save time, too)
- Diced Tomatoes - about 2 - soup bowl sized bowls
- Chives - about soup bowl sized (one bunch)
- Onions - small soup bowl sized (one onion)
- Sour cream - 2 lb (2 16oz tubs) - 1.5 tubs consumed
- Salsa
- Butter - 1.5 pre-sliced sticks consumed



5# box of mandarin oranges - not heavily used - left for snacking
Brownies - very popular- 3 boxes plenty for 1 piece per person

Potato Bar Take 2 (February 11 Saturday LUNCH)

Prepared for 30 - expecting there'd be fewer. Fed 23 team members + 2.

30 large potatoes (18#s) (sold individually vs bagged: much better quality and consistency so much less cleaning was needed). 2 had 3rds, 4-5 had 2nds. Did 10 cans of chili (all used up, but wouldn't do more except for a larger crowd). Used the cheese they had on hand and half a bag we brought. Sour cream (on hand). Salsa (on hand). Sliced butter. 4 bags of fig newtons (2 were consumed) and 1 bag of gluten free newtons (gluten free folks weren't there). Previous potato bar was ~\$187. This bar was ~\$123. Ate outside on the picnic tables to enjoy the sun (moved the serving tables out to the sidewalk over the bridge).

Saturday 1/15/23

Taco Bar For 38 - we had 10 field build volunteers

Tortillas - wheat, corn - about 80

Hard Taco shells - about 12 - team has some left over



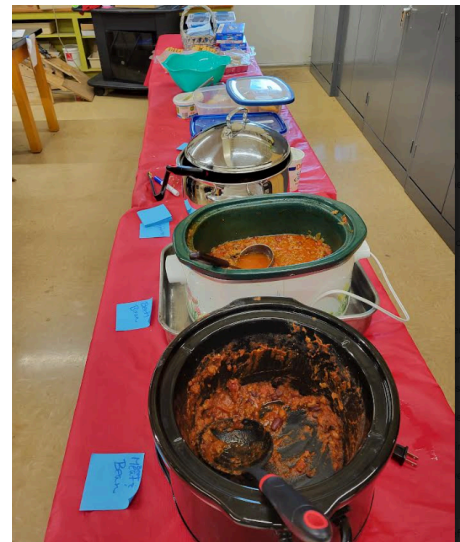
Mexica beef - 12lbs of chuck roast - seasoned in insta pot - ate all
 Rice large bowl - about 8 cups cooked
 Refried Beans - 8 cans
 Black Beans - 5 cans
 Shredded lettuce - 3 bags 8 oz - ate nearly all
 Shredded cheddar cheese - most of 2 lbs
 Sour cream 1 ½ - 16 oz tubs
 Salsa - 3 kinds - ate about ½ of each- future only one or two kinds. Team has lots
 Guacamole - 1 ¾ 1 lb container

 Melons - large cantaloupe, large honeydew, small watermelon - ate about ⅔ of each - consider doing only 2 melons

 Cookies - 48 - they ate everyone

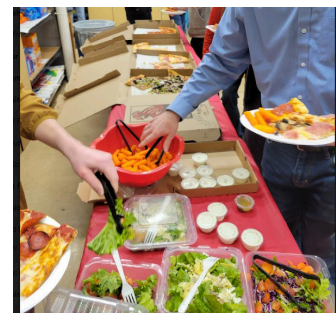
Monday 1/17/23
28 people

Chili Meat and Vegetarian
 Meat- ate large and medium crock pot
 Vegetarian- quarter of large stock pot - maybe 2 quarts
 Corn Muffins - about 30 eaten
 Baby Carrots - 1 lb
 Cuties - almost one bag.
 Cookies - ate most of them



Friday 12/20

Dinner - about 30 (I forgot to count)
 American Dream Pizza 7 large pizza, 1 Gluten free - ate but 2 pieces
 4 side salads - ate 3 of them
 Baby Carrots - about 1 lbs with ranch dressing



all

Saturday Lunch

Terriyaki bowls

Chicken breasts about 7 lbs -ate all
 2 packages of extra firm tofu- ate all
 9 cups of rice uncooked- ate all
 Cabage slaw- 6 cups ate 3cups



Marinated red onions -
Shredded carrots - ate
about 1 cup
Snap peas- lots of extras
Edemane -lots of extras
Broccoli - lots of extras

Chow Mein like noodles

With vegetable toppings we often have way more than we need. The 3 bowls pictured with greens, about ½ that amount would have worked.

Friday Dec 27th **Big thank you to the parents who stepped in last minute to cover this meal.**

32 people

Dominos Med Pizza (there is a deal on Med) - 14 pizza + 1 GF with no cheese on half. Wide variety of choices. Lots of kids seem to like plain cheese - had 2 would probably do 3 or 4 cheese.

With pizza getting a couple of a few kinds is usually easier - Pepperoni, Pepperoni with something like mushrooms or black olives, Cheese, Vegetarian, Hawaiian

Large green salad - ate $\frac{3}{4}$ of it. The team has lots of kinds of salad dressing
Rice Krispy Treats.

Saturday 1/28 *Did not get a picture I was helping to cook.*

Breakfast for lunch.

Made pancakes -

Topping - blueberries, strawberries - frozen fruit that was thawed.

Sliced bananas

Chocolate chips

Whip Cream

Syrup - *including real maple syrup. Lots of the kids have no idea about this. Clearly they did not live in Vermont.*

Slice Oranges

Orange Juice

Sausage - Turkey and Vegetarian