



## Grab and Go Ideas for School Lunch

Plans for school reopening are in the works and many are looking at the options available for classroom service or sending meals out to those 'distance learning'. Following are some ideas to consider.

Remember you, as school foodservice, must include all food components in a grab and go bag to make a reimbursable meal. The meal pattern for both breakfast and lunch follow at the end of this document.

### Meat/Meat Alternate:



The meat suggestions in the matrix below are all for a cold lunch. There are many options for a hot sandwich if they can be wrapped in an insulating foil to stay warm to be eaten. Chicken patties on a bun or chicken tenders & nuggets rolled up in a tortilla, hamburger patty, sloppy joe, sloppy Jose, pulled pork, sausage patty or egg patty all go well on a bun, between two slices of bread or even two pancakes, if that is what you have to make a sandwich. For food safety, make sure the sandwiches are held at or above 135F for service. Wrapping in an insulated foil will help keep them hot and the potential mess enveloped in the foil.

### Meeting the Subgroup requirements for the Vegetable component:

Make "veggie packs" with a broccoli floret, baby carrots, edamame, jicama, celery and cucumber slices. This pack would cover all the subgroups. Recipe for a veggie pack follows.

Lunch requires  $\frac{3}{4}$  cup of vegetable for K-8 and a full cup for the students in 9-12 although the student only needs to take  $\frac{1}{2}$  cup. One idea is to pack  $\frac{1}{2}$  cup of vegetable with the grab and go and offer another choice such as a bag of carrots along with the milk choice. Carroteenies count as  $\frac{1}{4}$  cup so K-8 would be offered 1 package and 9-12 could be offered 2 to make the extra  $\frac{1}{2}$  cup required.



**Fruit** is required as well;  $\frac{1}{2}$  cup for K-8 and 1 cup for 9-12. Juice may only count as  $\frac{1}{2}$  of the fruit component and it can only count as  $\frac{1}{2}$  of the fruit required each week. This means if you offer a juice cup with your grab and go each day, make sure to include  $\frac{1}{2}$  cup of another fruit as well. This will meet the 1 cup requirement for 9-12 grade. For K-8, offering the juice cup on 2 days and a  $\frac{1}{2}$  cup of fruit the other 3 days would meet the  $\frac{1}{2}$  cup daily requirement without going over the juice maximum during the week.



On another note, there are reusable to-go containers that are better at keeping the food at appropriate temperatures. Contact your supplier for more information.



**Matrix of ideas that you may have in your kitchen.** Choose one from each column to make a reimbursable lunch for a K-8 lunch. The 9-12 grade will need some of the items doubled. For a reimbursable breakfast, choose one from the grain, 2 vegetable or fruits and a milk. You can serve more than this.

Meat/Meat Alternate	Grain	Vegetable	Fruit	Milk
Deli meats. Use as full slice for sandwiches and rollups or cut in smaller squares for 'lunchables' (Check CN labels for # of slices to make 1 oz. of actual meat)	Bread - Sliced Bun, hamburger Bun, hot dog Dinner roll Pita pocket Panini Croissant	Carrots Celery Bell Peppers Zucchini Jicama Pickle spears Asparagus (6 sticks (1"x4") = 1/2 c.)	Whole Fruit Apple Clementine Orange Pear Plum	1 carton skim white skim  chocolate 1% white 1%  chocolate
Tuna (1 oz = 1oz of meat)	Tortilla – for rollup or quesadilla	Tomato, grape (6 = 1/2 c.)	Grapes	
Hardboiled egg (1 large egg = 2 oz of meat)	Biscuit English Muffin	Broccoli Cauliflower (4-5 florets = 1/2 c.)	Blueberries Strawberries	
Cheese – Cheddar, American, Mozz. - slice, cube, stick (1 oz = 1oz meat)	Pancake, Waffle – put 2 together for a sandwich	Cucumber Pickle chips (9 – 1/4" slices = 1/2 c.)	USDA portioned cups of applesauce, berry mix, peach	
Cottage cheese (1/2 cup = 1 oz meat) Yogurt (1/2 cup = 1 oz meat)	Pretzel Breadstick -soft & hard Cornbread Muffin	Green peas Edamame Roasted garbanzo beans (4 oz portion cup)	Other canned Fruit sauce in a covered portion cup	
Note: Gogurt (2 oz = .5 oz meat)	Savory Crackers – for a 'lunchables'	Potato salad	Dried cranberries Raisins	
Sunflower seeds (1 oz = 1oz of meat)	Pasta – for a salad Rice (1/2 cup= 1oz)	Sugar snap peas	Juice cup/box, 100%	
Nuts: Almonds, cashew, etc (1 oz = 1oz of meat)	Popcorn (3c popped = 1oz grain) Graham crackers	Leafy greens (1 cup = 1/2 c portion)	Peach, pear halves (2 halves = 1/2 cup)	
Nut butters (2 oz = 1 oz of meat)	Sunchips, Corn chips, tortilla chips	Radishes		
Beans such as roasted chickpeas Hummus	Cereal bowls – not just for breakfast. Granola also can count.			

#### NSLP MEAL PATTERN:

LUNCH	K-8 Meal Pattern	9-12 Grade Meal Pattern
DAILY	<ul style="list-style-type: none"> <li>• Meat/Meat Alternatives: 1 oz. eq.</li> <li>• Grains: 1 oz. eq.</li> <li>• Fruits: 1/2 cups</li> <li>• Vegetables: 3/4 cups</li> <li>• Fluid Milk: 1 cup/day</li> </ul>	<ul style="list-style-type: none"> <li>• Meat/Meat Alternatives: 2 oz. eq.</li> <li>• Grains: 2 oz. eq.</li> <li>• Fruits: 1 cup</li> <li>• Vegetables: 1 cup</li> <li>• Fluid Milk: 5 cups – 1 cup/day</li> </ul>
WEEKLY	<ul style="list-style-type: none"> <li>• Meat/Meat Alternatives: 9 oz. eq.</li> <li>• Grains: 8- 9 oz. eq.</li> <li>• Fruits: 2 1/2 cups</li> <li>• Vegetables: 3 3/4 cups with vegetable subgroups minimums met</li> <li>• Fluid Milk: 5 cups – 1 cup/day</li> </ul>	<ul style="list-style-type: none"> <li>• Meat/Meat Alternatives: 10- 12 oz. eq.</li> <li>• Grains: 10-12 oz. eq.</li> <li>• Fruits: 5 cups</li> <li>• Vegetables: 5 cups with vegetable subgroups minimums met</li> <li>• Fluid Milk: 5 cups – 1 cup/day</li> </ul>

Vegetables with Sub Groups			Weekly Requirement for each Sub Group					
Grade/ Group	Daily:	Weekly:	Dark Green	Red/ Orange	Beans/ Legume	Starchy	Other	Additional
K-8	3/4 cup	3-3/4 c	1/2c	3/4c	1/2c	1/2c	1/2c	1 c
9-12	1 cup	5 cups	1/2c	1-1/4c	1/2c	1/2c	3/4c	1-1/2c

Pictures above are from the Pinterest page, "137 ideas for Grab and Go on School Meals that Rock". Check out the other ideas at: <https://www.pinterest.com/schoolmealsrock/grab-n-go-meals-rock-in-school-meals/>



### BENTO BOX: MEETS 9-12 GRADE MEAL PATTERN

4 OZ BUFFALO RANCH CHICKEN SALAD – RECIPE FOLLOWS  
 2 OZ BAKED PITA CHIPS ~ 2 OZ OF GRAIN/BREAD  
 5 CELERY STICKS,  $\frac{1}{2}'' \times 3''$  ~  $\frac{1}{2}$  CUP OTHER VEG (W/ CHIX SALAD)  
 9 BABY CARROTS, 2" ~  $\frac{1}{2}$  CUP RED/ORANGE  
 3 STRAWBERRIES & MANGO SLICES ~ 1 CUP FRUIT

### BUFFALO RANCH CHICKEN SALAD

**THE CHICKEN SALAD COULD ALSO BE PREPARED WITH USDA COMMODITY DICED CHICKEN**

#### Ingredients

- 13 cups of mayo or white cheese sauce
- 8 ounces (1 cup) | Buffalo-style hot sauce
- $\frac{1}{2}$  cup | Dry Ranch dressing mix
- 2 teaspoons | Onion powder
- 10 pounds (8 quarts) | Frozen fully cooked diced chicken, thawed
- 2 pounds (2 quarts) | Diced celery
- 1 pound 4 ounces (5 cups) | Shredded carrots
- 6 ounces (1 cup) | Diced red onion

Yield: 70 servings | Serving Size: 1/2 cup [4-ounce spoodle or #10 scoop]

Chicken Salad Child Nutrition: 2 meat/meat alternate, 1/4 cup vegetable (other) | HACCP Process III.

#### VEGGIE PACK Recipe for Daily packs and a weekly pack

Veg Subgroup	Weekly Requirement K-8	Veggie Pack Item	$\frac{1}{2}$ cup	Include in 1 Veggie Pack	5 Veggie Pack for the week
Dark Green	1/2c	Broccoli	4-5 florets	1 floret	5 florets
Red/Orange	3/4c	Baby carrots	9 carrots	3 carrots (by the end of the week = $\frac{3}{4}$ c)	15 carrots
Bean/Legume	1/2c	Edamame	$\frac{1}{2}$ cup	1/8 cup	5/8 cup
Starchy	1/2c	Jicama	6 sticks (1" x 4")	2 sticks	10 sticks
Other	1/2c	Cucumber coins	9 coins, 1/4" thick	3 coins	9 coins
Additional	1 c	Celery	6 sticks (1/2" x 3")	1-2 sticks	6 sticks*

\*1 cup of Additional is met by the celery sticks plus the extra carrots, beans and jicama included over the week.