**Meal Ideas for using USDA and Local Foods during COVID-19**





**USDA Foods available to Montana Schools Spring 2020**

**Entrees**

Ground beef

Beef Crumbles

Beef patty

Fish

Ham slices

Pulled pork

Smoked deli turkey

Chicken fajita strips

Chicken tenders

Cheese slices

Mozzarella string cheese

Peanut Butter

Yogurt cup

**Grains**

Pancakes

Macaroni, whole grain

Blueberry bread

**Fruits**

Cherries, sweet, pitted

Pears, diced

Peaches, sliced

Applesauce cup

Blueberries

Strawberry cup

Mixed berry fruit cup

Peach cup, diced, frozen

**Vegetables**

Green beans

Vegetarian baked beans

Peas

Tomato sauce

Sweet potato crinkle cut fry

Hot Menu ideas:

Chili Mac

Sloppy Joes

Beef burritos/tacos

Pulled pork sandwich or rice bowl

Chili

Warm pancakes with peanut butter

Try these colorful, tasty Harvest of the Month recipes:

[Roasted Chickpeas](http://www.montana.edu/mtharvestofthemonth/documents/2019/K12/HOM18_Recipe_Cafeteria_RoastedChickpeas.pdf)

[Turkey, Spinach, Apple Wrap](http://www.montana.edu/mtharvestofthemonth/documents/2019/K12/HOM_Recipe_Cafeteria_TurkeySpinachAppleWrap.pdf)

[Lentil Squash Hummus](http://www.montana.edu/mtharvestofthemonth/documents/2019/K12/MTHOM17_Recipe_Cafeteria_LentilSquashHummus.pdf)

[Magenta Root Slaw](http://www.montana.edu/mtharvestofthemonth/documents/2019/K12/MTHOM17_Recipe_Cafeteria_MagentaRootSlaw.pdf)



Cold Menu ideas:

Macaroni salad with a cold meat and cheese

Chef salad

Chicken fajita wrap sandwiches

Lettuce wraps

Chicken tender sandwiches

Peanut butter and jelly sandwiches (made on regular bread or blueberry bread)

Yogurt, fruit and blueberry bread

Deli sandwiches

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* For more information about the [USDA Foods Program](https://opi.mt.gov/Leadership/Management-Operations/School-Nutrition/USDA-Foods-Program), contact Pam Fruh, OPI School Nutrition Programs Food Distribution Program Manager, at 406-444-4412 or Pamela.Fruh@mt.gov
* South Dakota State University Extension Program has an excellent resource on [Grab and Go Style Meal Service Resources for Schools](https://extension.sdstate.edu/grab-and-go-style-meal-service-resources-schools) which provides menu planning tips and provides a 4 week lunch menu for grades K-8 and 9-12.

<https://extension.sdstate.edu/grab-and-go-style-meal-service-resources-schools>