



# **Grab N Go Menus During COVID-19**

## **Montana Team Nutrition**

**Katie Bark, RDN 4-1-2020; OPI Wednesday Webinar**

# OPI's School Nutrition Presenter:

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# Presenter



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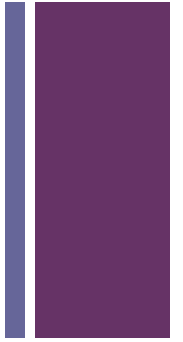
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[www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)



# Please Type in the Chat Box



- School District Name
- Full Name of Attendees

# THANK YOU

## REAL SUPERHEROES

*Gary Varvel*  
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# What we will review today:

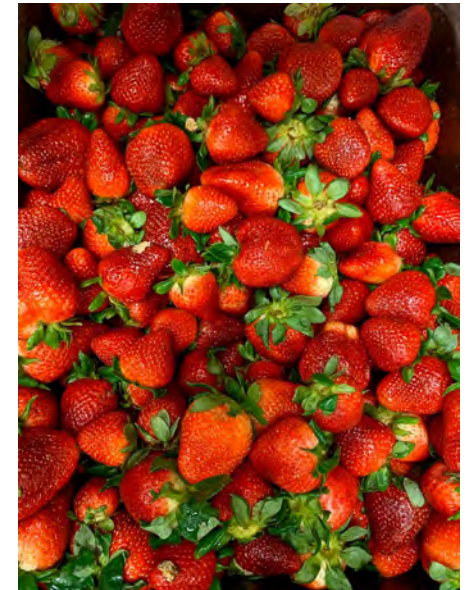
## **Meal Service During COVID-19 School Closures**

1. Summer Food Service Program
  - Grab and Go Service
  - Meal Pattern Waiver

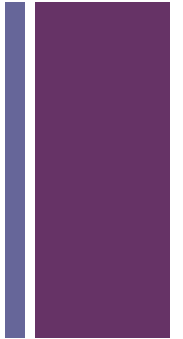
## 2. Menus Ideas and Cycle Menus

## 3. Resources and Upcoming Training Opportunities

**Sensational Strawberries on Grab and Go Menu –Stevensville School District**



# Menu Planning Basics:



- Cold and/or Hot Meals
- Delivery System - School and/or Bus
- Production and Service Staff
- Inventory and Vendors
- Cost and Reimbursement



What's Your Capacity for  
Serving Meals Safely  
Staying 6 Feet A Part



# Kitchen & Food Prep Areas

How to Stay 6 Feet (6') Apart While Preparing Meals



**Space workstations 6 feet apart to avoid making physical contact with others. Sanitize hands and surfaces regularly.**



A Collaborative Resource from Center for Ecoliteracy & LunchAssist  
With expert guidance from School Meals That Rock and Lake Elsinore Unified School District

# What's In Your Inventory?



## Procurement Options:

- USDA Foods - April Shipment
- Regular Distributors
- Montana Vendors



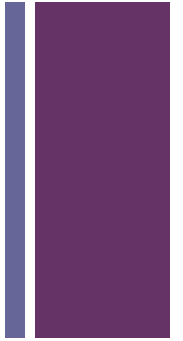
# USDA Foods During School Closure



- Shipment 9 is the final delivery of USDA Foods for SY20
- Expected to run April 6 through April 30
- All orders have been allocated, and “official” adjustments are not possible
- Contact Pam Fruh if you absolutely cannot accept part or all of your delivery
- Check with your delivery driver for extra items that might become available
- OPI School Nutrition Programs is not associated with either the MT Cooperative Services (MCS) Co-Op or the School Services of Montana (SSoM) Co-Op. Contact those organizations for assistance with orders and delivery policy

# Fresh Fruits and Vegetables

## Utilize USDA DOD



# USDA DoD Fresh During School Closure



- Due to reduced usage, Grasmick Produce has eliminated Thursday/Friday deliveries
- All deliveries are now “Early Week”
- Order on Monday or Tuesday for delivery the following week
- For example: Order on Monday APR 6 or Tuesday APR 7 for delivery the week of APR 13.
- Find the link to FFAVORS on the OPI School Nutrition website or here: [https://ffavors.fns.usda.gov/ffavors\\_web/usdaproduce/default.aspx](https://ffavors.fns.usda.gov/ffavors_web/usdaproduce/default.aspx)
- Contact Pam Fruh if you need additional funds [pamela.fruh@mt.gov](mailto:pamela.fruh@mt.gov) or 406-444-4412





# Support Montana Economy with Montana Menus

Try these colorful, tasty Harvest of the Month recipes:

[Roasted Chickpeas](#)

[Turkey, Spinach, Apple Wrap](#)

[Lentil Squash Hummus](#)

[Magenta Root Slaw](#)



# What To Serve?

## Breakfast and Lunch Meal Patterns

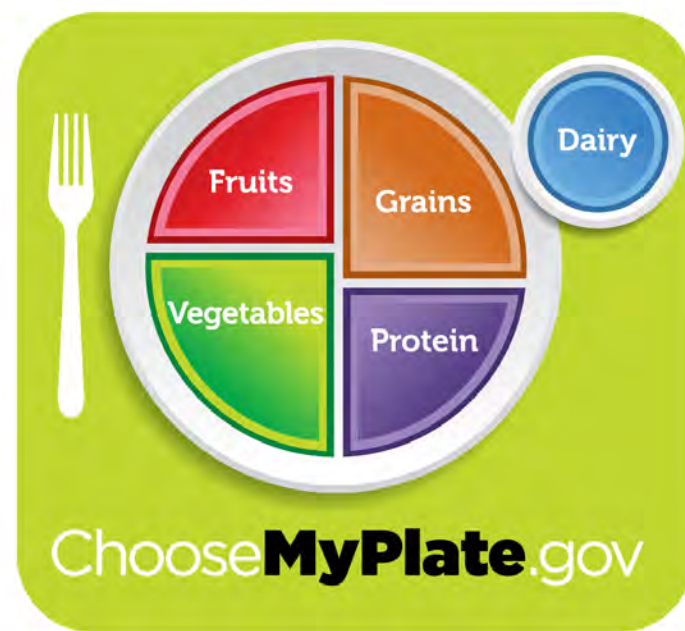
Protein Sources (Meat and Meat Alternate)

Grains

Vegetable (5 Sub Groups)

Fruits

Milk



# Entrée Ideas (Meat/Meat Alternate)



- Meat/deli meat
- Peanut butter/nut butters
- Hummus
- Hard boiled eggs
- Cheese sticks/shredded/sliced cheese
- Tuna or Meat Salads
- Nuts/seeds/trail mix
- Yogurt/Greek yogurt
- Meat sticks
- Garbanzo beans/hummus
- Beans

## USDA Foods

- Ham
- Smoked Turkey
- Chicken Fajita
- Chicken Tenders
- Cheese Slices
- Tuna
- String Cheese
- Peanut Butter
- Garbanzo Beans
- Black Beans
- Vegetarian Beans
- Yogurt Cups
- Ground Beef
- Beef Patties



# Grain Ideas

Whole Wheat bread

Bagels

Tortillas

Pitas

Pretzels

Whole Grain crackers

Sweet Breads Muffins (pumpkin/banana)

Baked Chips

Animal Crackers

Whole Grain Pasta

Rice

Granola and Trail Mix

Granola Bars

Pancakes

Waffles

Scones (Simms recipe)

## USDA Foods

- Tortillas
- Rotini
- Sweet Bread
- Pancakes

# Vegetable Subgroups

- The vegetable group is made up of 5 subcategories:
- Dark Green
- Red and Orange
- Starchy
- Beans and Peas
- Other



# Vegetables

## Dark Green

- ♦ Bok Choy
- ♦ Broccoli
- ♦ Chard
- ♦ Collard Greens
- ♦ Dark Green Leaf Lettuce
- ♦ Kale
- ♦ Mesclun
- ♦ Mustard Greens
- ♦ Romaine Lettuce
- ♦ Spinach
- ♦ Turnip Greens
- ♦ Watercress

## Red / Orange

- ♦ Acorn Squash
- ♦ Butternut Squash
- ♦ Carrots
- ♦ Hubbard Squash
- ♦ Pumpkin
- ♦ Red Peppers
- ♦ Sweet Potatoes
- ♦ Tomatoes
- ♦ Tomato Juice

## Legumes

- ♦ Black Beans
- ♦ Black-eyed Peas (mature)
- ♦ Edamame
- ♦ Garbanzo Beans (chickpeas)
- ♦ Kidney Beans
- ♦ Lentils
- ♦ Navy Beans
- ♦ Pinto Beans
- ♦ Soy Beans
- ♦ Split Peas
- ♦ White Beans

## Starchy

- ♦ Cassava
- ♦ Corn
- ♦ Black-eyed peas (not dry)
- ♦ Green Bananas
- ♦ Green Peas
- ♦ Green Lima Beans
- ♦ Jicama
- ♦ Plantains
- ♦ Potatoes
- ♦ Taro
- ♦ Water Chestnuts

## Other

- ♦ Artichokes
- ♦ Asparagus
- ♦ Avocado
- ♦ Bean Sprouts
- ♦ Beets
- ♦ Brussels Sprouts
- ♦ Cabbage
- ♦ Cauliflower
- ♦ Celery
- ♦ Cucumbers
- ♦ Eggplant
- ♦ Green Beans
- ♦ Green Bell Peppers
- ♦ Iceberg (Head) Lettuce
- ♦ Mushrooms
- ♦ Okra
- ♦ Onions
- ♦ Parsnips
- ♦ Peas (edible pods)
- ♦ Radish
- ♦ Turnips
- ♦ Wax Beans
- ♦ Zucchini



A Partner in Education

# Vegetable Ideas



## Vegetables by Subgroup

- Dark green vegetables
  - Romaine lettuce
  - Spinach
  - Broccoli florets
- Red/orange vegetables
  - Carrots
  - Red/orange peppers
  - Salsa
    - Tomatoes – grape, slices
- Starchy vegetables
  - Corn
  - Green peas
  - Potatoes – potato salad
- Beans/peas
  - Black beans
  - Garbanzo beans

## Additional Ideas

- Red Pepper Strips
- Green or Yellow Pepper Strips
- Celery
- Cucumber
- Sugar Snap Peas
- Cauliflower florets
- Radishes
- Pickles
- Olives

# Fruit Ideas

- Banana
- Kiwi
- Apple
- Orange/clementine's
- Grapes
- Pears
- Peaches
- Any canned fruit in 100% Juice – peaches, pears, mandarin oranges
- Fruit cups in 100% juice or water
- Fruit juices, 100% Juice

## **USDA Foods**

- Sweet Cherries
- Raisins
- Diced Pears, Peaches
- Mixed Berry Cups
- Applesauce
- Strawberry Cups
- Blueberries



# Salad Ideas



- Macaroni Salads (USDA Rotini)
- Black Bean Salads
- Lentil Salads
- Apple Salads
- Coleslaw - Magenta Slaw (HOM)
- Cucumber Salad
- Broccoli Salad
- Pea and Cheese Salad
- Three Bean Salad
- Fruit Salad



# Grab and Go Salad Ideas



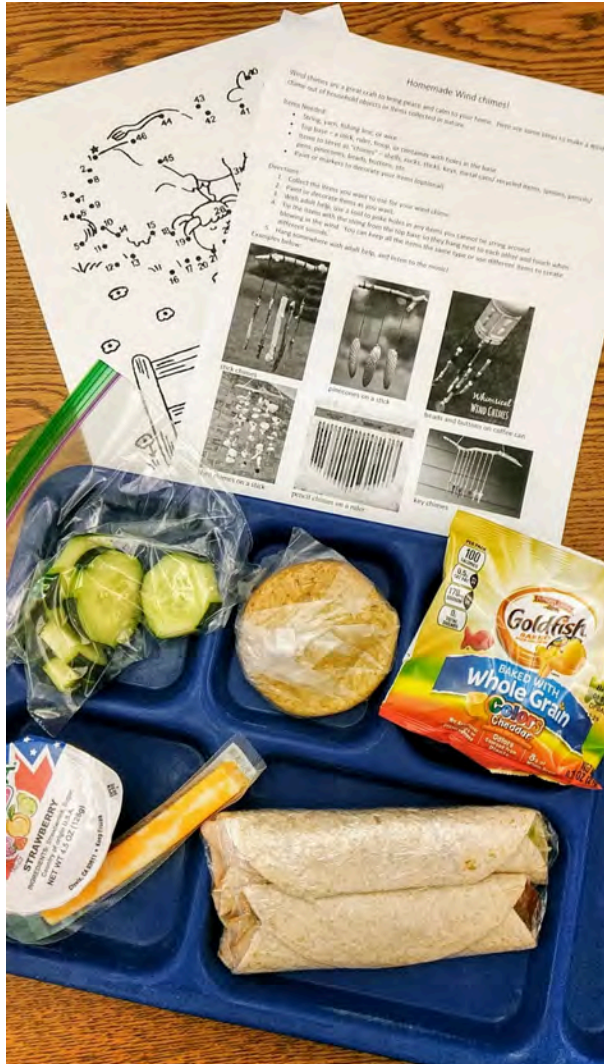
Stevensville Chef Salads



Glasgow Chef Salads



# Livingston's Lunchables and Roll Ups





# Noxon School Meals



Taco Salad and Pizza to Go



## Bigfork School District 1 Week Menu Cycle

- All Cold Items
- Breakfast and Lunch
- 3 Day Meal Service (breakfast and Lunch for 2 days)
- School (1:30-3:00) and Bus Delivery
- Commitment to Serving “real foods”
- Breakfast menu includes: egg/cheese biscuit, bars, cereal, French toast sticks. Bagels,
- Menu includes: Sub Sandwiches/Roll Ups/ Salads/ Chicken Rice Veggie Bowls



## **Simms – Betty Miza Food Service Director**

- Cold and Hot Meals
- School Pick Up and Bus Delivery
- 4 Days a Week
- Favorite Menu Items: Blueberry Scone; Egg Sausage Muffins; Yogurt Parfaits, Cheese Stick,
- Chicken Salad in cup or Sandwich; Meatloaf Sandwich; Pulled Pork; Chicken Enchilada Casserole; Tator Tot Casserole

Questions? Comments?  
Tips from the front line?



# What are Your Favorite Grab and Go Menu Ideas?

- Jay Stagg – Whitefish High School      Hummus, Pita Chips, Raw Veggies, Fruit, Milk

# Additional MENU Resources

- South Dakota State University Extension Service –Jennifer Folliard

Grab and Go Menu Ideas and Cycles 4 Week Cycle Menus for K-8 and 9-12

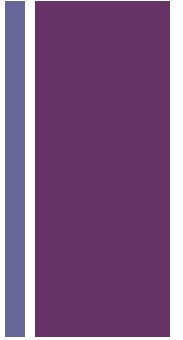
<https://extension.sdstate.edu/grab-and-go-style-meal-service-resources-schools>

- Chef Ann Foundation Lunch Box Recipes

<https://www.thelunchbox.org/recipes-menus/recipes>



# Social Media



## Face Book

Montana School Nutrition Association

Montana Farm to School

School Meals that Rock - Dayle Hayes

Ask to join TIPS for School Meals That Rock

Lunch Assist Blog: [www.lunchassist.org](http://www.lunchassist.org)

# Training Opportunities

- SNA Wednesday Webinars

<https://www.pathlms.com/sna/events>



- Food Safety Course

<https://foodhandlersolutions.com/coronavirus/?fbclid=IwAR1-sqWuChKJDTHGj2zHhiw4yN341rfiyBvEzjHNvP8XGkrxzFt7nqdE6iE>

- OPI School Nutrition Program Wednesday Webinar

**April 8<sup>th</sup> Topic**

*Food Service Safety Precautions*



# Food Service Safety Precautions



- Stay 6 Feet Apart
- Personal Hygiene – Stay Home if Sick
- Point Of Service Practice Hands Off Contact

April 8<sup>th</sup> OPI/SNP Wednesday Webinar Topic

## The Common Eagle On The Fly

### Breakfast

Monday--Cereal Bars

Tuesday--Assorted Cereal

Wednesday--Banana Bread & Yogurt Cup

Thursday--Mini Whole Grain Donuts

Friday--Assorted Cereal



All Breakfast Meals served with Fruit, Juice & Milk

### Lunch

**Monday**--Ham & Cheese Croissant or Bulkie, Assorted Chips, Pickles, Apple Slices, Cucumber Salad & a cookie

**Tuesday**--Uncrustables, Cheez-its, Sliced Pears, & Veggie Sticks with Garlic Hummus

**Wednesday**--Chocolate Chip Muffin, Sunflower Seeds, Cheese Stick, Raisels (Yum!), & Baby Carrots

**Thursday**--Nacho pack! Tortilla Chips, Cheddar Cheese Sauce, Fresh Salsa, Marinated Black Bean Salad, Orange Wedges,& a mini Rice Krispy Treat

**Friday**--Turkey & Cheese Wrap, Mayo, Assorted Chips, Broccoli Salad, Pineapple Tidbits, & a Chocolate Chip Cookie

All Lunches Served with Milk



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schedule

Contact us with  
questions/requests  
[ebouchard@fcts.us](mailto:ebouchard@fcts.us)  
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ext. 289

# Thank you!

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