



Grab N Go Menus During COVID-19

Montana Team Nutrition

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

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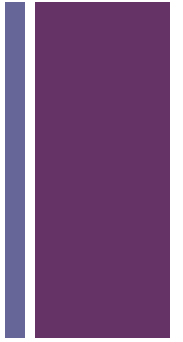
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Please Type in the Chat Box



- School District Name
- Full Name of Attendees

THANK YOU

REAL SUPERHEROES

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What we will review today:

Meal Service During COVID-19 School Closures

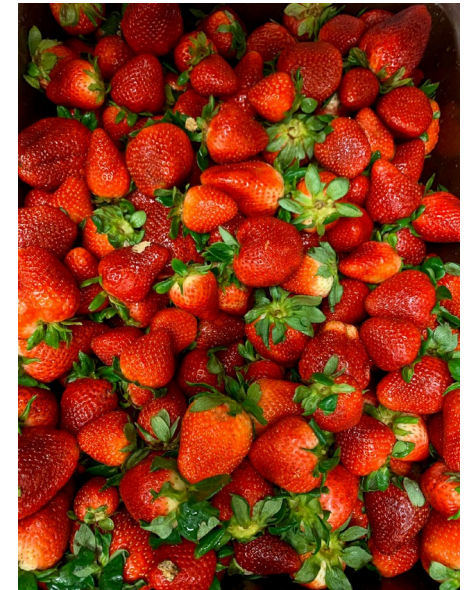
1. Summer Food Service Program

- 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:



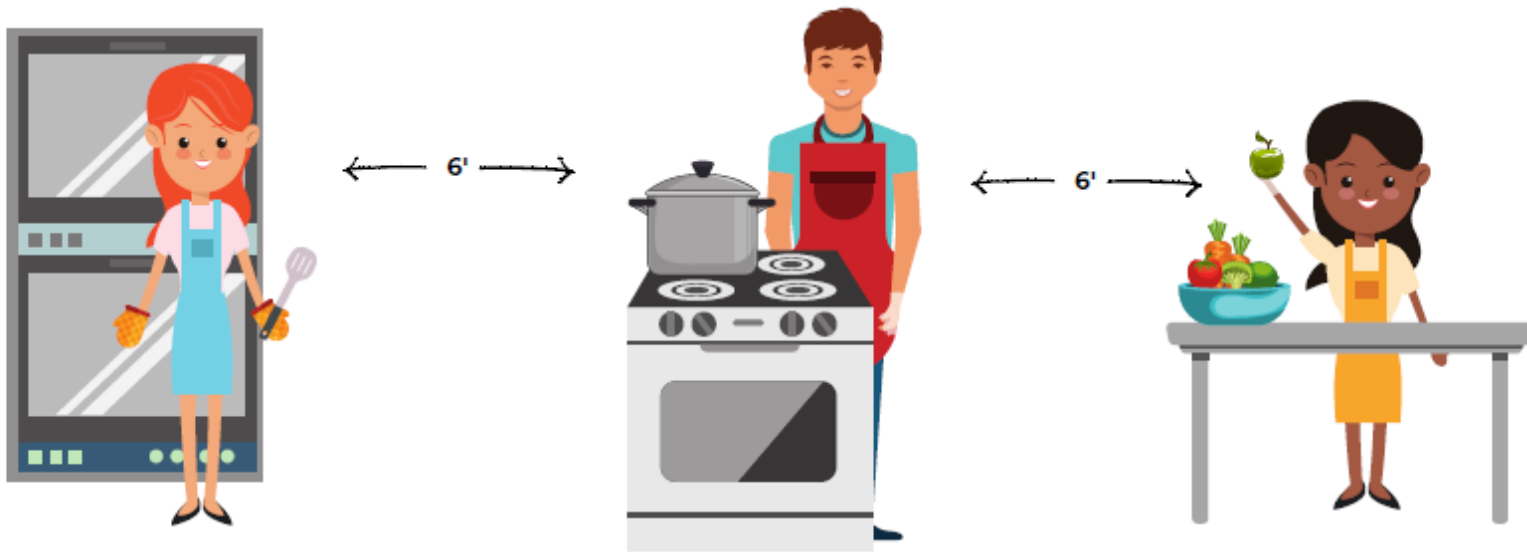
- Cold and/or Hot Meals
- Delivery System - School and/or Bus
- Production and Service Staff
- Inventory and Vendors
- Cost and Reimbursement



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
- Contact Pam Fruh if you need additional funds 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

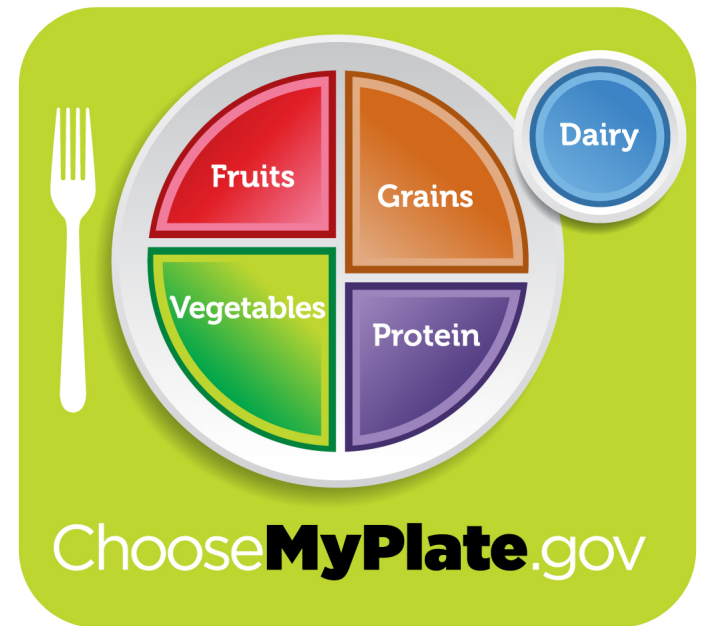
Protein Sources (Meat and Meat Alternate)

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

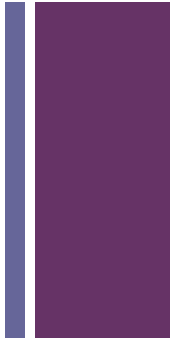
Pancakes

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

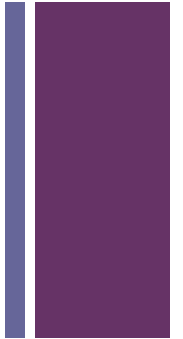
- Red Pepper Strips
- Green or Yellow Pepper Strips
- Celery
- Cucumber
- Sugar Snap Peas
- Cauliflower florets
- Radishes
- Pickles
- Olives

Fruit Ideas

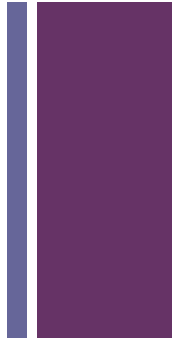
- Banana
- Kiwi
- Apple
- Orange/clementine's
- Grapes
- Pears
- Peaches
- Any canned fruit in 100% Juice – peaches, pears, mandarin oranges
- Fruit cups in 100% juice or water
- Fruit juices, 100% Juice

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

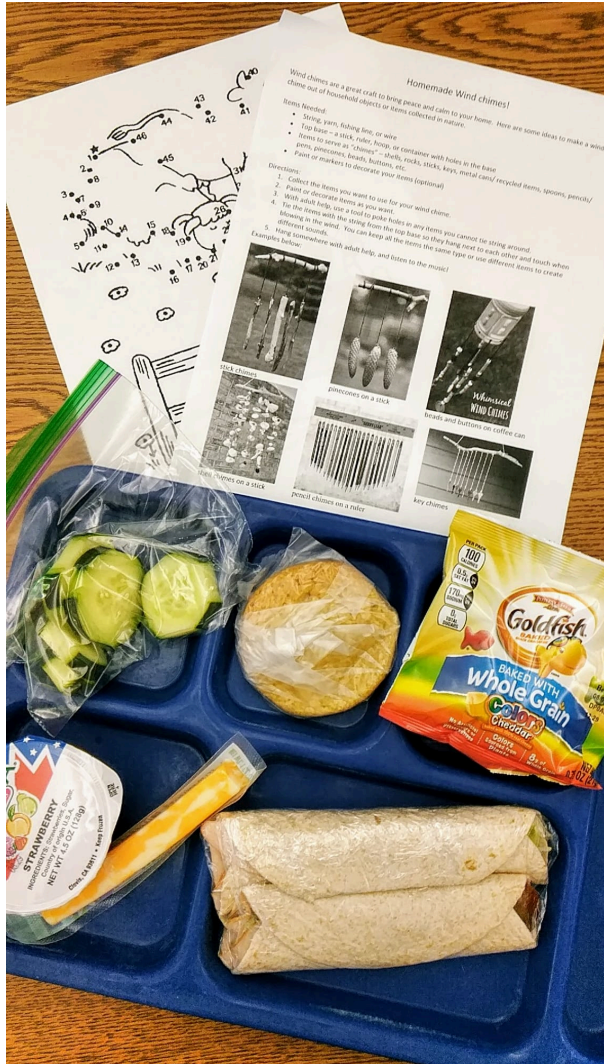


Stevensville Chef Salads



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

Training Opportunities

- SNA Wednesday Webinars

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



educate
culinary skills
ethics webinars
financial tools
procurement
training

- Food Safety Course

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

- OPI School Nutrition Program Wednesday Webinar

April 8th 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 8th 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--Un crustables, 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



Thank you!

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