



What do you have in the 'Fridge to make a meal from?

Thousands of people are looking in their refrigerator right now with this same question. There are a few rules that will make this an easy answer.

Rule of Thumb: First, look for the perishable items and then plan around them.

Remember you, as school foodservice, must include all food components in a grab and go bag to make a reimbursable meal. The meal pattern is different for the Summer Food Service Program (SFSP) versus those meals that may be claimed under the National School Lunch program (NSLP)/School Breakfast program (SBP).

Summer Food Service Program Meal Pattern

	Breakfast	Lunch
Grain	1 ounce	1 ounce
Meat/Meat Alternate		2 ounces
Fruit and/or Vegetable	½ cup	¾ cup – must serve at least 2 different types of produce to make a total of ¾ cup
Milk	8 ounces	8 ounces

Food safety is imperative in all school meal programs. Since milk must be part of each meal served, make plans to keep meals cold either by refrigeration or by adding something frozen to the bag, such as frozen juice cup, yogurt or fruit like grapes or berries. Even green peas can be packed frozen and will probably be thawed before the lunch is eaten.

Hot Entrees:

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.

Fruits and Vegetables:

We have received guidance from USDA regional office regarding the use of fruits and vegetables acquired with the Fresh Fruit and Vegetable program grant. You cannot purchase any further produce to use in a summer feeding or emergency school closing meal program BUT they do not want any that you have on hand to go to waste. Please use the fresh produce as much as possible in your meals so it does not spoil.

Food safety issues for fruits and vegetables. Time/Temperature problematic fruits and vegetables – sliced tomatoes, cut leafy greens and cut melons. These are riskier produce to send out in meals that you are unsure of how they will be handled before eating. Try not to include them unless there is something frozen in the bag.

Following is a matrix of ideas that you may have in your kitchen. Choose one from each column to make a reimbursable lunch. For a reimbursable breakfast, choose one from the grain, vegetable or fruit and a milk.

Lunch requires $\frac{3}{4}$ cup of vegetable and/or fruit with two different choices. For instance, an apple and a bag of carrots would make $\frac{3}{4}$ cup. You may also pack two vegetables or two fruits to make this category. Juice may only count as $\frac{1}{2}$ of the fruit or vegetable component, therefore with a 4 ounce juice cup, you must also have $\frac{1}{2}$ cup of another fruit or vegetable.

Meat/Meat Alternate	Grain	Vegetable	Fruit	Milk
Deli meats. Use as full slice for sandwiches and rollups or cut in smaller squares for 'lunchables' (Watch CN labels for the number 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") of any one or mix = $\frac{1}{2}$ 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 = $\frac{1}{2}$ c.)	Grapes	
Hardboiled egg (1 large egg = 2 oz of meat)	Biscuit English Muffin	Broccoli Cauliflower (4-5 florets = $\frac{1}{2}$ c.)	Blueberries Strawberries	
Nut butters (2 oz = 1 oz of meat)	Pancake, Waffle – put 2 together for a sandwich	Cucumber Pickle chips (9 – $\frac{1}{4}$ " slices = $\frac{1}{2}$ c.)	USDA portioned cups of applesauce, berry mix, peach	
Cheese – Cheddar, American, Mozz. - slice, cube, stick (1 oz = 1oz meat)	Pretzel Breadstick Cornbread Muffin	Green peas	Other canned Fruit sauce in a covered portion cup	
Cottage cheese (1/2 cup = 1 oz meat)	Savory Crackers – for a 'lunchables'		Dried cranberries Raisins	
Sunflower seeds (1 oz = 1oz of meat)	Pasta – for a salad Rice (1/2 cup= 1oz)		Juice cup/box, 100%	
Beans such as roasted chickpeas Hummus	Popcorn (3c popped = 1oz grain)			
Yogurt (1/2 cup = 1 oz meat)	Sunchips, Corn chips, tortilla chips			
Gogurt (2 oz = .5 oz meat)	Graham crackers			
	Cereal bowls – not just for breakfast.			