

GRAB & GO LUNCH IDEAS



This document contains suggestions for **Grab & Go** meal components to help sponsors plan for meal service while mitigating risks posed by COVID-19 during the 2020-2021 school year. For more menu planning assistance, please contact InfoFNW@FDACS.gov.

ENTRÉE/MAIN DISH



Refrigerated "Take and Bake"/Reheat/Microwave

2 oz. eq. Meat/Meat Alternates Options

Select One:

- Bean & Cheese Burrito (1 oz shredded Cheese with ¼ cup refried beans, 10" Tortilla)
- Spaghetti and Meat Sauce (1 cup – ½ cup pasta and ½ cup meat sauce) with 1 oz. eq. Roll
- Chicken and Waffles – CN Labeled 2 oz. eq. Breaded Chicken Patty with 1 oz eq. waffle
- Chicken and Rice – 2 oz. eq. cooked chicken with ½ to 1 cup rice with 1 oz. roll
- Turkey Hot Dog/Slaw Dog – 2 oz. eq. with Bun, ½ cup Coleslaw
- Hamburger – grilled CN Labeled 2 oz. eq. with 2 oz. eq. Hamburger Bun, ½ cup Baked Beans
- Grilled Chicken – grilled CN Labeled 2 oz. eq. with 2 oz. eq. Hamburger Bun with ½ cup toppings (lettuce leaf, tomato slice, onion slice, pickles)
- Nachos and Cheese/Bean/Taco Meat – 2 oz. Tortilla Chips, 2 oz. eq. Meat/Meat Alternate taco meat cup with ½ cup Mexicali Corn
- BBQ Chicken, Pork, or Beef – 2 oz. eq. meat with 2 oz. eq. Bun, ½ cup Potato Salad
- Mozzarella Stuffed Bread Sticks – 2 oz. eq. Meat/Meat Alternate and 2 oz. eq. Grains with ½ cup credit marinara dipping sauce.



Refrigerated Ready-to-Eat/Optional Heat

2 oz. eq. Meat/Meat Alternates Options

Select One:

- 2.5 oz. USDA Foods* Ham
- 3.2 oz. USDA Foods* Turkey Deli Meat
- 3.2 oz USDA Foods* Turkey Ham
- 3.0 oz. USDA Foods* Unseasoned Chicken Strips
- 3.4 oz. USDA Foods* Fajita Seasoned Chicken Strips

For additional variety, may reduce above meat portion by ½ oz. & add ½ oz. Cheese Slice (American, Cheddar, etc.).

- 2.45 oz. USDA Foods* Grilled Chicken Filet – 1 each
- 2-3 oz. eq. pieces USDA Foods* Oven Fried Chicken – heated and chilled overnight.
 - o 2 oz. eq. pieces = 1 Breast Piece, Thigh with back or Drumstick and Wing.
- 1/2 cup USDA Foods* Canned Black, Pinto, Red, Kidney and/or Pink Beans
- 2 oz. Cheese – Sticks, Cubes or Slices (use lower fat and reduced sodium options when possible)
 - o (Note: Purchased, individually wrapped slices "IWS" are not creditable without CN/PFS)
- 1 oz. USDA Foods* Mozzarella Cheese Stick or equivalent & 4 oz. USDA Foods* Flavored Yogurt Cup or equivalent High Protein Yogurt – blueberry, strawberry, or vanilla flavored
- 8 oz. Flavored Yogurt
- PBJ or Sunflower Butter and Jelly Sandwich – 2 oz. eq. meat/2 oz. eq. grain. School made or purchased

*Or CN or PFS equivalent item



Shelf-Stable

2 oz. eq. Meat/Meat Alternate Options

Select One:

- 2 – 1.1 oz. USDA Foods* Peanut Butter packs
- 4 TBSP/2 oz. USDA Foods* Peanut or Sunflower Seed Butter or equivalent Soy Butter
- 1 oz. Shelf-stable Cheese Stick & 1 oz pack Peanuts/Soy Nuts or Sunflower Kernel Pack
- Franks/Beans (~7.5 oz can)
- Canned BBQ Beef (~3.5 oz or more)
- Canned Chicken Salad (~3.5 oz. or more)
- Canned Tuna Salad (~3.5 oz. or more)
- Tuna Kit – "Mix and Make Your Own" – 2 oz. canned tuna or more with mayo packet
- Tuna Pouches ~2.6 oz. (2.5 oz. eq.) – seasoned or unseasoned
- Salmon Pouches ~2.6 oz. (2.5 oz. eq.) – seasoned or unseasoned
- Chicken Pouches ~2.6 oz. (2.5 oz. eq.) – seasoned or unseasoned



This institution is an equal opportunity provider.



Florida Department of Agriculture and Consumer Services

WHOLE GRAINS/WHOLE GRAIN-RICH AND ENRICHED GRAINS MEAL IDEAS

Plan combinations from whole grain, whole grain-rich & enriched sources to meet daily and weekly requirements.



1 oz. eq. Grain/Bread Options

Double-up or Mix & Match for 2 oz. eq. Options

Select One:

- Bread Slices – 28 grams per slice - 1 oz. eq. (wheat, white, rye, French, Italian, etc.)
- Club or Saltine Crackers (2 ct.) x 4 packs/8 total or Croutons – 0.8 oz
- Dinner Roll - 1 each/1 oz. eq.
- Slider Bun - 1 each/1 oz. eq.
- Tortillas – flour – 1 oz./6-inch
- Tortilla, Corn, or other grain-based chips - 1 oz.
- Pretzels – soft baked (enriched) – 1 oz.
- Pretzels – hard baked (enriched) – 0.8 oz.
- "Party" Snack Mix – 1 oz.
- Cooked Rice – WG brown or White enriched – ½ cup
- Cooked Pasta – ½ cup
- Cooked Oatmeal – ½ cup
- Cooked Grits – ½ cup
- Cereal bowl pack – 1 oz. or ¾ cup – 1 each
- Nutri-grain Bar – 1 each/1 oz. eq. (1.55 oz bar)
- Graham or Animal Crackers (1 oz.)
- Poptart/Toaster Treat - single pack – 1 each/1 oz. eq.
- Corn Bread or Muffin – 1.1 oz/1 each/1 oz. eq.
- Waffle – 1.1 oz/1 each/1 oz. eq.



2 oz. eq. Grain/Bread Options

Select One:

- Bread Slices – 1 oz. each/2 slices - 2 oz. eq.
- Bagels – 2 oz/2 oz. eq.
- Biscuits – 2 oz/2 oz. eq.
- Dinner Roll – 2 oz each/2 oz. eq.
- English Muffins – 2 oz each/2 oz. eq.
- Hamburger Buns – 2 oz each/2 oz. eq.
- Hot Dog Buns – 2 oz each/2 oz. eq.
- Pita Bread – 2 oz portion/2 oz. eq.
- Pizza Crust – 2 oz portion/2 oz. eq.
- Flour Tortilla – 10"/2 oz each/2 oz. eq.
- Cooked Rice – WG brown or White enriched – 1 cup
- Cooked Pasta – 1 cup
- Corn Bread or Corn Muffin – 2.2 oz/1 each/2 oz. eq.
- Waffles – 1.1 oz/2 each/2 oz. eq.



MINIMUM DAILY REQUIREMENTS

K-8: M/MA 1 oz. eq., G/B 1 oz. eq., Fruit ½ cup, Vegetable ¾ cup, 8 fluid oz. Milk
9-12: M/MA 2 oz. eq., G/B 2 oz. eq., Fruit 1 cup, Vegetable 1 cup, 8 fluid oz. Milk



Fruits

Pick 1 - ½ cup portion daily for K-8

Pick 2 - ½ cup portions daily for 9-12

Fresh Whole or Portioned	Frozen Portioned or Sealed Cup	Canned Portioned or Sealed Cup	Dried (¼ cup measure = ½ cup credit)	100% Juices*
Apples (whole = 1 cup or 2 oz. bagged slices = ½ cup)	Apple Slices	Apples	Apples	Apple
Bananas (1 whole = ½ cup)	Berries	Applesauce	Apricots	"Cran-apple"
Florida Blueberries or Strawberries	Cherries	Apricots	Cherries	Florida Orange
Florida Cantaloupe or Watermelon	Melons	Mixed Fruit	Cranberries	Grape
Oranges (1 whole = ½ cup)	Mixed	Fruit Cocktail	Peaches	Pineapple
Peaches (ripe) (1 whole = ½ cup)	Peaches	Peaches	Plums	Pineapple Orange
Pears (ripened) (1 whole = ½-¾ cup)	100% Juices	Pears	Peaches	"Fruit Punch"
Grapes (~7 large = ¼ cup; ~14 large = ½ cup)	100% Juice Slushes	Pineapples	Raisins (plain, flavored, golden) 1.3-1.5 oz box = ½ cup	Specialty Blends/Flavors

* 100% Fruit Juices Only – Cannot be labeled "juice drink" or "juice cocktail" for credit as a fruit.



Vegetables:

Pick 2 - ½ cup portions daily for 1 cup total. Include each subgroup at least once per 5-day week.

Red/Orange - Add extra ¼ cup per week to meet ¾ cup total for K-8; extra ½ cup to meet 1-¾ cups total for 9-12.

Dark Green	Red/Orange	Bean/Pea Legumes	Starchy	Other
Fresh Broccoli Dippers/Steamed Florets	Carrots (baby, coin, sticks)	Black or Red Beans	Corn/Corn Salsa	Cucumber or Zucchini (Slices/Coins)
Romaine Lettuce	Tomatoes (grape, slices, etc.)	Baked Beans	Red &/or White Potato Potato Salad	Coleslaw
Fresh Chopped Spinach	Red/Orange Bell Pepper Strips	Refried Beans	Sweet Peas (canned, frozen)	Celery Sticks
Red or Green Leaf Lettuce	Salsa or Marinara Sauce	Lentils	Plantains	Green Beans
Bok Choy (shredded for slaw or stir fry)	Sweet Potatoes	Hummus/Chickpeas	Jicama (thin slice for salad)	Sugar Snap Peas



Fluid Milk

Refrigerated Fresh/Shelf Stable Milk)

Select One:

- Fresh/refrigerated milk – flavored or unflavored
- Shelf-stable fluid milk – flavored or unflavored