School Menu Ideas During COVID-19

Better in a Bowl Meal
- Chicken (nuggets, poppers, patty), mashed potatoes, corn
- Ham, cheesy potato, green beans
- Hamburger (patty, crumbles), mashed potatoes, cooked carrots
- Chicken alfredo pasta bowl
- Asian inspired bowls with noodles or rice, protein, veggies
- Spaghetti bowls with protein (crumbles, chicken), veggie

Cold Menu Items
- Deli wraps
- Chef Salad
- Asian salad meal
- Roast beef sliders

Cooked Menu Items
- Burrito
- Crispito
- Walking tacos
- Chicken fajita
- Sloppy joes on bun
- Beef red chili
- Chicken white chili
- Stromboli
- Corn dog
- Hot dog
- Pancakes on a stick
- Chicken sandwich, nuggets, strips, teriyaki chicken patty on garlic bread
- Pizza
- Corn on the cob
- Hamburger / cheeseburger

Sandwiches
- Turkey and White American Wrap
- Ham & Provolone on a Pretzel Roll
- Ham & American on White/Pumpernickel Swirl Bread
- Turkey & Ham combo with Provolone on a Split Top Bun
- Turkey & Swiss on a Pretzel Roll
- Turkey & Provolone on a Split Top Bun
- Turkey Ham & Yellow American on White Bread
- Turkey & Ham Combo with Yellow American on a Round Bun
- Ham & Yellow American on Wheat Bread

Shelf Stable Menu Items
- Dry roasted chickpeas
- Pizza lunchable type meal using crackers or pita bread
- Canned tuna/chicken
- Granola bars
- Nuts/seeds
- Dried fruits (raisins, craisins)
- Applesauce and other fruit cups
- 100% fruit juice
- Packaged crackers (animal crackers, graham crackers, goldfish, etc.)
- Dry cereal
- Dried meat sticks
- Protein: milk, chicken salad, hummus, beef stick, bean dip, cheese, sunflower kernel
Meal Pack

- Sunflower seed butter and jelly pack with crackers, cheese stick, juice, raisins, milk
- Cheese & salsa pack with crackers, sunflower kernels, juice, fruit, milk
- Hummus pack with crackers, sunflower kernels, juice, raisins, milk
- Bean dip pack with crackers, cheese stick, juice, fruit, milk
- Dried meat stick pack with crackers, sunflower kernels, juice, fruit, milk
- Sunflower seed butter trial mix, whole grain crackers, fruit cup, 100% juice
- Tuna salad cup, sunflower kernels, raisins, whole grain crackers, 100% juice
- Cheddar cheese cup, sunflower kernels, dried fruit mix, whole grain crackers, 100% juice
- Cheddar cheese wedges, sunflower kernels, raisins, whole grain crackers, 100% juice
- Chicken salad, soy nuts, whole grain crackers, raisins, 100% juice
- Bean dip, soy nuts, fruit cup, whole grain tortilla strips, 100% juice
- Sunflower seed butter, jelly, trail mix, whole grain flour tortilla, fruit cup, 100% juice
- Tuna salad cup, sunflower kernels, raisins, whole grain flour tortilla, 100% juice
- Sunflower seed butter cup, soy nuts, whole grain flour tortilla, fruit cup, 100% juice
- Cheddar cheese stick, soy nuts, fruit cup, whole grain crackers, 100% juice
- Hummus dip, sunflower kernels, dried fruit mix, whole grain tortilla strips, 100% juice
- Sunflower seed butter, trail mix, pretzels, fruit cup, 100% juice
- Cheddar cheese stick, meat stick (extra item), sunflower kernels, whole grain crackers, marinara cup, 100% juice
- Cheddar cheese stick, sunflower kernels, salsa cup, whole grain tortilla strips, 100% juice
- BBQ chicken salad, sunflower kernels, whole grain crackers, flavored applesauce, 100% juice
- Buffalo style chicken salad, soy nuts, whole grain flour tortilla, fruit cup, 100% juice
- Red Pepper hummus dip, sunflower kernels, cup, whole grain flour tortilla, 100% juice

Resources

- www.kn-eat.org, Summer Food Service Program, Resources, Menu Planning

For more information, contact:

Cheryl S. Johnson
Director, Child Nutrition & Wellness
(785) 296-2276
www.kn-eat.org
csjohnson@ksde.org

Kansas State Department of Education
900 S.W. Jackson Street, Suite 102
Topeka, Kansas 66612-1212
(785) 296-3201
www.ksde.org

This institution is an equal opportunity provider.

The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following person has been designated to handle inquiries regarding the nondiscrimination policies: KSDE General Counsel, Office of General Counsel, KSDE, Landon State Office Building, 900 S.W. Jackson, Suite 102, Topeka, KS 66612, (785) 296-3201.