MEAL APPEAL

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This institution is an equal opportunity provider.
School meals may be prepared and served utilizing a variety of meal patterns. Many factors determine if meals are planned for School Breakfast Program (SBP), National School Lunch Program (NSLP), Summer Food Service Program (SFSP), or At Risk After School Meals (ARAM). The menus in this document are designed to help you create nutritious appealing meals using purchased and USDA Foods when delivering packaged meals to classrooms, curbside pick-up, or transported to another site. Feel free to customize the menus making appropriate adjustments and substitutions for your meal patterns, local preferences, and ingredient availability.

Many recipes can be found in the NC K-12 Culinary Institute resources at https://childnutrition.ncpublicschools.gov/continuing-education/nc-k-12-culinary-institute and NC Farm to School at https://www.ncfarmtoschool.com/school-foodservice/recipes/. It is important to assess portion size and component crediting for all products and recipes to ensure the appropriate daily and weekly age/grade group meal patterns are fully met for any menu combinations. Use this resource to incorporate fresh, local fruits and vegetables, whole grain-rich ingredients, lean proteins, and low-fat dairy products into your school meals!
TABLE OF CONTENTS

Hot Options

MENU 1  Tangy BBQ Chicken
MENU 2  Crispy Fish Tacos
MENU 3  Gourmet Grilled Cheese
MENU 4  Mega Meatball
MENU 5  Chicken Parm Flatbread
MENU 6  Chicken Spinach Alfredo Bake
MENU 7  Sweet Thai Roasted Chicken
MENU 8  Beef + Cheese Taco Roll-Up
MENU 9  Build-Your-Own Beef + Cheese Nachos
MENU 10  Buffalo Chicken Mac and Cheese
MENU 11  Pesto Chicken Sandwich
MENU 12  Cuban Sandwich
MENU 13  Cheesy Baked Potato with Hearty Beef Chili
MENU 14  Hot and Cheesy Meatball Sub

“Make It Easy” Option Available: For some menus, we’ve also provided a scaled-back version that is a great option for schools with limited labor, equipment, or space.

Cold Options

MENU 15  Open-Ended Hawaiian Chicken Wrap
MENU 16  Southwest Vegetarian Taco Cup
MENU 17  Cheesy Shredded Mini Chicken Wraps
MENU 18  Creamy Pasta Salad with Chicken Tenders
MENU 19  Turkey and Cheddar Roll-ups
MENU 20  Build-Your-Own Sriracha Ranch Grilled Chicken Wrap
MENU 21  Build-Your-Own Ham, Turkey, and Cheddar Sliders
MENU 22  Protein Pack with Eggs and Ham
MENU 23  Your School’s Favorite Wrap
MENU 24  Peanut Butter and Jelly Sandwich
MENU 25  Make-Your-Own Peanut Butter and Jelly
MENU 26  Make-Your-Own Pepperoni Pizza Roll-Up Box
MENU 27  BBQ Tuna Sandwich
MENU 28  Hummus + Cheese + Pita = Tasty Trio
MENU 29  Taco Tuesday Shredded Chicken Dip
MENU 30  Tangy Tuna Poke Bowl
Menu 1

Tangy BBQ Chicken
Creamy One Pan Mac and Cheese
Tender Cornbread
Crunchy Broccoli-Cranberry Salad
Scratch-Made Blueberry Crisp
Choice of Milk

“Make It Easy” Version

Barbecue-Glazed Chicken Wings
Creamy Mac and Cheese
Tender Cornbread or Corn Muffin
Steamed Green Beans
Diced Pears + Strawberries
Choice of Milk
Menu 2

“Make It Easy” Version

Crispy Fish Tacos
Cilantro-Lime Rice
Mexicali Corn
Juicy Fruit cup
Choice of Milk
Menu 3

Gourmet Grilled Cheese
Cool Cucumber + Cauliflower with Tzatziki Dip
Fruit Explosion
Choice of Milk

PACK HACK:
Spoon tzatziki on the bottom of the compartment without a cup.

“Make It Easy” Version
Crispy Grilled Cheese Sandwich
Crunchy Mini Carrots + Cool Ranch Dip
Mixed Berry Fruit Cup
Choice of Milk

PACK HACK:
You can assemble your sandwiches (hold refrigerated) the day before to speed up preparation/cooking times on the day of service.
Menu 4

Mega Meatball
Corkscrew Pasta with Tomato Marinara
Whole Grain Roll
Roasted Parmesan Broccoli
Warm Crustless Apple Pie
Choice of Milk

“Make It Easy” Version
Gooey Mozzarella Sticks with Marinara
Steamed Broccoli
Warm Crustless Apple Pie
Choice of Milk

PACK HACK:
Toss your rotini with the marinara before portioning to cut out the additional step of “saucing.”
Menu 5

Chicken Parmesan Flatbread with Marinara Dip
Cheesy Italian Spinach
Romaine Salad + School-Made Herb Vinaigrette
Sweet Banana Crumble
Choice of Milk

“Make It Easy” Version
Cheesy Calzone + Marinara Dip
Garlic-Butter California Blend Veggies
Sweet Banana Crumble or Raisin Snack Pack
Choice of Milk

PACK HACK:
Add your portion cups to the main container before placing your flatbread. This will allow you to expose the “filling” better!
Menu 6

Chicken Spinach Alfredo Bake
Hot Buttered Roll
Seasoned Green Beans
Mixed Berry Cup
Choice of Milk

“Make It Easy” Version
Crispy Popcorn Chicken
Hot Buttered Roll
Tangy Cherry Tomato and Corn Salad
Diced Pears + Green Grapes
Choice of Milk
Menu 7

Sweet Thai Roasted Chicken
Savory Fried Rice
Asian-Style Veggie Stir-fry
Tropical Apple Bake
Choice of Milk

“Make It Easy” Version
Oven Roasted Chicken
Steamy Brown Rice
Asian-Style Veggie Stir-fry
Tropical Apple Bake
Choice of Milk
Beef & Cheese Taco Roll-Up
Fiesta Beans
Fresh Pico de Gallo Cup
Always Sunny Orange Wedges
Choice of Milk
Menu 9

Build Your Own Beef + Cheese Nachos
Savory Refried Beans
Crunchy Veggie Mix with Ranch Dressing
Refreshing Apple Wedges
Choice of Milk
Menu 10

Buffalo Chicken Mac and Cheese
Steamed Broccoli
Cool Cucumber-Tomato Salad
School-Made Peach Crisp
Choice of Milk

“Make It Easy” Version
Buffalo Chicken Mac and Cheese
Steamed Broccoli
Cool Cucumbers with Ranch Dressing
Sweet Strawberry Cup
Choice of Milk
Pesto Chicken Sandwich
Steamed California Blend with Warm Garlic Butter
School-Made Herb Roasted Red Potatoes
Chilled Applesauce Cup
Choice of Milk

“Make It Easy” Version
Hot Grilled Chicken and Cheese Sub
Steamed California Blend with Warm Garlic Butter
Potato Roasters
Chilled Applesauce Cup
Choice of Milk
Menu 12

Cuban Sandwich
Extra Sweet Corn
Spicy Cuban-Style Black Beans
School-Made Pineapple Crisp
Choice of Milk

“Make It Easy” Version
Cuban Sandwich
Extra Sweet Corn
Crispy Sweet Potato Waffle Fries
Crispy Apple Wedges + Vanilla Yogurt Dip
Choice of Milk

PACK HACK:
The Cuban sandwich can be assembled one day in advance.
**Cheesy Baked Potato with Hearty Beef Chili**
**Steamed Broccoli**
**School-Made Peachy Granola Bar**
**Crunchy Apple Wedges**
**Choice of Milk**

**PACK HACK:** Peachy Granola Bar can be prepared well in advance and kept frozen until ready to serve.

**“Make It Easy” Version**

Baked Potato with Shredded Cheddar and Broccoli
**Toasty Texas Toast**
**Crunchy Apple Wedges**
**Choice of Milk**

**PACK HACK:** Offer cheese sauce in portion cup for potato or broccoli – customer’s choice.
Menu 14

- Hot & Cheesy Meatball Sub
- Steamed Corn with Garlic Butter
- Garden Salad with School-Made Ranch
- Oranges Smiles
- Choice of Milk
PACK HACK:
Use sharpies to add a positive message to the tops of Styrofoam boxes for students. For example, “Happy Birthday!”, “Have a great day!”, “Enjoy your lunch!”, “Study hard!”, etc. This does not need to be done every day or for every packaged meal, just when time allows or as a special gesture.
Menu 15

Open-Ended Hawaiian Chicken Wrap
Crunchy Mini Carrots with Ranch Cup
Tropical Pineapple
Choice of Milk

PACK HACK:
Offer Hawaiian Chicken Wrap as a Build-Your-Own option.
Southwest Vegetarian Taco Cup
Not Hot Salsa
Crisp Tortilla Chips
Captain America Fruit Cup
Choice of Milk

PACK HACK:
Set your boat into the main compartment before filling it. Empty boats are much easier to handle than full ones.
Cheesy Shredded Mini Chicken Wraps
Garden Salad with School-Made Ranch
Fresh Red Seedless Grapes
Choice of Milk
Creamy Pasta Salad with Chicken Tenders
Romaine Salad with School-Made Ranch
Sweet Diced Peach Cup
Choice of Milk

PACK HACK:
Properly cooked al dente (firm to the bite) and cooled correctly, your noodles can be cooked up to 2 days in advance.
Menu 19

Open-Ended Turkey and Cheddar Roll-up or Build-Your-Own Option
Bright Broccoli-Cranberry Salad
Orange Smiles
Choice of Milk

PACK HACK:
For Build-Your-Own option, fold your tortilla in half before packing or wrapping to save space.
Menu 20

Build-Your-Own Sriracha Ranch Grilled Chicken Wrap
Shredded Lettuce and Carrots
School-Made Sriracha Ranch Frosty Strawberries & Bananas
Choice of Milk
Build-Your-Own Ham, Turkey, and Cheddar Sliders
Creamy Roasted Red Potato Salad
Captain America Fruit Cup
Choice of Milk
Protein Pack with Eggs & Ham
Crusty Bagel
Sweet Cherry Tomatoes + Baby Carrots
Fresh Tropical Banana
Choice of Milk
Menu 23

Your School’s Favorite Wrap
Creamy Pasta Salad
Sweet Peppers and Tomatoes +
School-Made Ranch Dressing
Frosty Peach Cup
Choice of Milk
Peanut Butter and Jelly Sandwich
Cheesy Mozzarella Stick
Crunchy Carrot Sticks
Granny Smith Apple Wedges
Choice of Milk
Menu 25

Make-Your-Own Peanut Butter and Jelly
Cheesy Mozzarella Stick
Crunchy Carrot Sticks
Granny Smith Apple Wedges
Choice of Milk
Menu 26

Make-Your-Own Pepperoni Pizza Roll-Up Box
Fresh Green Bell Pepper Strips + Cherry Tomatoes
Tropical Pineapple Cup
Choice of Milk
BBQ Tuna Sandwich
Crunchy Coleslaw
Fresh Red Grapes
Choice of Milk
Menu 28

Hummus + Cheese + Pita = Tasty Trio
Crunchy Cucumbers
Fresh Seedless Grapes
Choice of Milk
Menu 29

Taco Tuesday Shredded Chicken Dip
Crunchy Tortilla Chips
Fresh Pico de Gallo
The Finest Carolina Caviar
Pineapple Cup
Choice of Milk
Menu 30

- Tangy Tuna Poke Bowl
- Flatbread Triangles
- Fresh Seedless Grapes
- Choice of Milk
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