

# Grab and Go Meals

Fall 2020



Listed are examples of grab and go meals Texas schools are serving.

These meals are an easy option for cafeteria service, kiosks, meals in the classroom and curb side pick up.

## Hot Lunches\*

- Grilled Cheese Sandwich, French Fries, Apricots
- Individually Wrapped Burrito, Carrots, Applesauce
- Chicken Nuggets, Tortilla Chips w/ Salsa Cup, Fruit
- Sausage Morning Roll, Carrots, Apple
- Chicken & Chili Crispito, Carrots, Apple
- Pizza Pocket, Carrots with Ranch Dressing, Pineapple Tidbits
- Individually Wrapped Pizza Sticks, Carrots, Fruit Cups, Raisins

## Cold Lunches\*

- Jamwich, Celery with Ranch, Fruit
- Ham & Cheese Slices, Crackers, Tater Tots, Applesauce
- Cheese Stick, Goldfish Crackers, Carrots, Apple
- Turkey & Cheese Sandwich, Sunflower Seeds, Carrots, Fruit
- Teriyaki Beef Jerky, Cheese Stick, Animal Crackers, Broccoli, Fruit

\*Serve with choice of milk



## Reminder!

Meals must still meet meal pattern requirements. If you are having issues purchasing food items, please complete the COVID-19 Meal Patterns Flexibility Intake Form found on [Squaremeals.org](https://www.squaremeals.org).



Food and Nutrition Division  
National School Lunch Program



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Be creative with the packaging you have on hand to serve meals for any service style.

Listed below are examples of different packaging options and their usage.



Whenever possible, consider using packaging that can be utilized for multiple meal types and service styles.

## Cups

- Combo Entrées
- Pastas
- Fruit
- Soups
- Vegetables

## Foil Wrap

- Hot Sandwiches
- Burgers
- Chicken Nuggets
- Hot Wraps
- Hot dogs
- Steak Fingers

## Paper Wrap

- Cold Sandwiches
- Cold Wraps
- Use designed paper for promotional days

## Clamshells

- Cold Items
- Wraps
- Protein Packs
- Salads
- Sandwiches

## Plastic Wrap

- Containers without lids
- Trays of food
- Use colored wrap for promotional days



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