



Menu Ideas

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, fruit cup, whole grain flour tortilla, 100% juice

Resources

- www.kn-eat.org, Summer Food Service Program, Resources, Menu Planning
- https://schoolnutrition.org/uploadedFiles/6_Resources_and_Research/Operations/Summer_Feeding_Toolkit/Summer%20Feeding-Floyd%20Menu.pdf
- https://schoolnutrition.org/uploadedFiles/6_Resources_and_Research/Operations/Summer_Feeding_Toolkit/Summer%20Feeding-Seattle%20Menu.pdf

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

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