

# MENU RESOURCES

## National School Lunch Week 2025



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# MENU PLANNING RESOURCE GUIDE

Celebrate National School Lunch Week with our “Texas Taste Tour: Your School Lunch Passport” themed menu! Try out these recipes featuring local products from each region of our Texas Taste Tour and excite students with a delicious, nutritious school lunch! For more school lunch menu planning and support, check out the resources below.

## Themed Menu Items

### Panhandle

- **Bon Voyage, Beef! - Beef and Chimichurri Rice Bowl**
  - [Click here for recipe](#)
  - Start your journey with a brown rice, roasted pepper, and onion bowl topped with Texas beef marinated in chimichurri – bon voyage! Try using local beef, rice, and vegetables.
  - 1 serving provides ¼ cup other vegetables, 1 oz eq grain, and 1oz eq meat/meat alternate.

### Big Bend

- **Pico Pit Stop - Pico de Gallo**
  - [Click here for recipe](#)
  - Take a Pico Pit Stop and enjoy the fresh flavor of Texas tomatoes! Try using local tomatoes, onions, and jalapenos.
  - ¼ cup provides 1/8 cup red/orange vegetable and cup other vegetable

### Prairies & Lakes

- **Smooth Sailing Sweet Potatoes - Sweet Potato Delight**
  - [Click here for recipe](#)
  - It's smooth sailing with this creamy vegetable dish featuring Texas sweet potatoes! Try using local sweet potatoes and eggs.
  - ½ cup provides ½ cup red/orange vegetable

### Pineywoods

- **Barbecue & Backpacking - Barbecued Chicken**
  - [Click here for recipe](#)
  - Whether you're backpacking around the world or the State of Texas, it's always a great time to enjoy tangy barbecue chicken! Try using local chicken and onions.
  - 1 portion provides 2 oz eq meat/meat alternate local honey, berries, and applesauce!
  - Provides ½ cup fruit.

### Hill Country

- **Pack the Peaches! - Roasted Cinnamon Peaches**
  - [Click here for recipe](#)
  - Don't forget to pack the peaches for this delicious, roasted recipe! Try using local peaches.
  - ½ cup provides ½ cup

### South Texas Plains

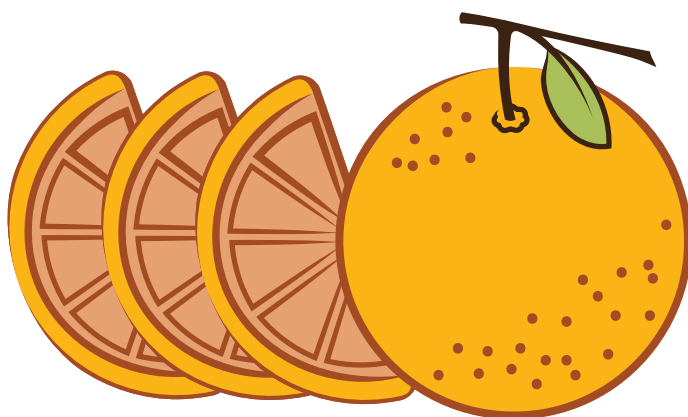
- **Sightseeing with Spinach Quesadillas; - Chicken Spinach Quesadilla**
  - [Click here for recipe](#)
  - Don't forget to fuel your sightseeing adventures with a delicious Chicken Spinach Quesadilla. Try using local spinach, chicken, cheese, vegetables, and tortillas.
  - 1 serving provides ¼ dark green vegetable, 1.25 oz eq meat/meat alternate, and 2 oz eq grain

### Gulf Coast

- **Chile'n in First-Class - Chile Verde Rice Bowl**
  - [Click here for recipe](#)
  - Take a first-class trip while enjoying a flavorful Chile Verde Rice Bowl! Try using local rice, chicken or pork, and vegetables.
  - 1 serving provides 2 oz eq meat/meat alternate, 2 oz eq grain, and ½ cup other vegetable

### Rio Grande Valley

- **Globetrotting Grapefruit - Fresh Grapefruit**
  - Take a break from your globetrotting and savor a nutritious grapefruit! Try using local grapefruit.
  - ½ cup provides ½ cup fruit





# SCHOOL LUNCH RESOURCES

## Recipes

- **ICN Child Nutrition Recipe Box**
  - [Texas Mushroom Queso](#)
  - [Beef Stir Fry](#)
  - [Shrimp Etouffee](#)
- **Healthy School Recipes**
  - [Strawberry Spinach Salad](#)
  - [Chicken Piccata](#)
  - [Sweet Potato and Bean Chili](#)
- **The Lunch Box**
  - [Lemon Garlic Spinach](#)
  - [Chopped Beef and Cheese Sandwich](#)
  - [Creamy Tomato Soup](#)

## Materials

- **USDA**
  - [What You Can Do to Help Prevent Wasted Food](#)
  - [Menu Planner for School Meals](#)
  - [Crediting Tip Sheets](#)
  - [Food Buying Guide](#)
  - [Offer Versus Serve](#)
- **TDA**
  - [Top 10 Easy Wins – Lunch](#)
  - [School Lunch Program Resources](#)
  - [Seasonality Wheel](#)

## Webinars and Reports

- **USDA**
  - [Meal Talk: Celebrate Lunch Trays Many Ways](#)
  - [Meal Talk: Taste-Test Events](#)
  - [Meal Talk: Reducing Sodium in School Meals](#)
- **Institute of Child Nutrition**
  - [Reducing Sodium with Scratch Cooking in School Meals](#)
  - [Best Practices for Sourcing Locally Grown Foods](#)
  - [Strategies for Improving Lunch Line Efficiency](#)
- **FRAC**
  - [Benefits of School Lunch](#)
  - [Reducing Barriers to Consuming School Meals](#)
  - [The Reach of School Breakfast and Lunch During the 2023-2024 School Year](#)