



# TURNIP —the— Beet



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## Best Practices

Highlights from the 2023  
Turnip the Beet Awardees



Updated 4/10/2024  
[www.SquareMeals.org](http://www.SquareMeals.org)



Food and Nutrition Division  
Turnip the Beet

# Overview

The Turnip the Beet Award, by the U.S. Department of Agriculture's (USDA) Food and Nutrition Service (FNS), recognizes outstanding Summer Meal Program sponsors who work hard to offer high quality meals that are appetizing, appealing, and nutritious.

## Who is Eligible?

- All Summer Meal Programs sponsors in good standing, including:
  - Summer Food Service Program (SFSP) sponsors
  - National School Lunch Program Seamless Summer Option (SSO) sponsors



**Deadline to Apply to TDA:  
August 30<sup>th</sup>, 2024**

## How Do Sponsors Apply?

- Submit the following to TDA at [Nutrition@TexasAgriculture.gov](mailto:Nutrition@TexasAgriculture.gov):
  - 2024 Nomination Form
  - Detailed one-month breakfast & lunch menu
  - Pictures of meals and nutrition-based activities
  - Invoices indicating whole grain-rich and local products



# Summer 2023 Awardees

Congratulations to our 38 Turnip the Beet awardees!



## Gold

Birdville ISD  
Channelview ISD  
Copperas Cove ISD  
Duncanville ISD  
Eagle Mountain-Saginaw ISD

Frankston ISD  
Galena Park ISD  
Garland ISD  
Grapevine-Colleyville ISD  
Kilgore ISD

Lamar CISD  
Laredo ISD  
Magnolia ISD  
Mission CISD  
North East ISD

San Antonio ISD  
San Marcos CISD  
The Right Start Summer  
Program at TAMUK  
YES Prep Public Schools



## Silver

Anahuac ISD  
Brenham ISD  
Brownsville ISD  
College Station ISD  
Dickinson ISD

Fort Bend ISD  
Grand Prairie ISD  
Hempstead ISD  
Katy ISD  
Killeen ISD

Lewisville ISD  
Marble Falls ISD  
Northwest ISD  
Pasadena ISD  
Pharr-San Juan-Alamo ISD

Rio Hondo ISD  
Rockdale ISD  
South San Antonio ISD  
Temple ISD

# Nomination Form Tips!

## Section 2: Short Answer

### Be Specific

- Provide examples of specific food items and age-appropriate modifications
- Specify the methods or steps taken to obtain feedback from participants on meals
- Explain the results obtained from the feedback
- Utilize the TDA Summer Activity Toolkit and Team Nutrition materials to incorporate nutrition-based activities
- Answer the bonus questions to achieve a higher award level

## Section 3: Menus and Documentation

### One Month Menu

- If your cycle menu is less than 4 week, simply repeat the cycle for the entire menu calendar month
- Provide detailed breakfast and lunch menu



### Water

- Provide a clear statement on the menu that water is available at no cost



### Label Menu Items

- Canned
- Dried
- Fresh
- Frozen
- Local
- 100% Juice
- Whole Grain-rich
- Milk Fat Content and Flavor



### Documentation

- Photos of serving lines, meal plates/trays, activities in action, etc.
- Invoices for whole grain-rich and local products



# Meal Tips to Brighten Your Menu!

Use locally sourced ingredients such as Texas Watermelon!



Mission ISD

Don't forget to include fresh fruits and vegetables in non-congregate meals!



Pasadena ISD

Serve a Variety of Colors, Textures, and Shapes!



South San Antonio ISD

Prepare fresh veggies in different ways to make eating fun!



Kilgore ISD

# Food and Nutrition-Based Activity Inspiration!

**Invite local producers to visit or display information about local products served!**

(Temple ISD, Eagle Mountain-Saginaw ISD)

**Pass out activity handouts or coloring pages for participants to complete while eating or take it home!**

(Rio Hondo ISD, Fort Bend ISD, Brenham ISD)

**Partner with local organizations, like food banks, to promote nutrition and physical activity!**

(Pharr-San Juan-Alamo ISD)

**Offer or display recipe handouts, infographics on fresh produce, or host a taste testing event!**

(Northwest ISD, Garland ISD, Copperas Cove ISD)

**Order USDA Team Nutrition materials, at no cost, to handout and/or display!**

(Marble Falls ISD, College Station ISD)

**Offer physical activity opportunities, involve your community, share nutrition education, and post on social media!**

(Killen ISD, Lewisville ISD, Right Start Summer Program at TAMUK)

**Start or expand your school garden and encourage student involvement!**

(YES Prep Public Schools)

# Summer Meal Ideas!

Inspiration from Birdville ISD, Brownsville ISD, Channelview ISD, Duncanville ISD, Frankston ISD, Laredo ISD, and Pasadena ISD

These menu options highlight items that are whole grain-rich, locally sourced, fresh, age-appropriate, and take into consideration community preferences and variety!

## Breakfast Entrée Options

Mini Waffles WG  
Banana (Fresh)  
Fruit Juice (100%)

Pork Tamales (WG)  
Mixed Berries  
(Fresh)  
Fruit Juice (100%)

Breakfast  
Burrito(WG)  
Tater Tots (Frozen)  
Apple Slices (Fresh)  
Sliced Peaches  
(Canned)

Blueberry  
Muffin(WG)  
Orange Slices  
(Fresh)  
Fruit Juice (100%)

## Lunch Hot Entrée Options

Bean & Cheese  
Burrito (WG)  
Spicy Charro Beans  
(Canned)  
Apple Slices  
(Fresh)  
Taco Sauce

Local BBQ Sandwich  
(WG)  
Sweet Potato Sticks  
(Fresh)  
Jicama Sticks (Fresh)  
Grapefruit (Fresh)

Carne Guisada  
Tortilla (WG)  
Corn (Frozen)  
Refried Beans  
Fresh Fruit

Asian-Style Orange  
Chicken  
Rice (WG)  
Green Beans (Canned)  
Seasoned Broccoli  
(Frozen)  
Pear (Fresh)

## Lunch Cold Entrée Options

PB & J Sandwich  
(WG)  
Graham Crackers  
(WG)  
Jicama Sticks  
(Fresh)  
Celery Sticks (Fresh)  
Strawberry Cup or  
Grapefruit (Fresh)

Local Ham & Cheese  
Sandwich (WG)  
Cheese Stick  
Baby Carrots (Fresh)  
Celery Sticks (Fresh)  
Local Watermelon  
(Fresh)

Italian Combo Wrap  
(WG)  
Tostitos Scoops  
(Local)  
Jicama Sticks (fresh)  
Salsa Cup  
Banana (Fresh)

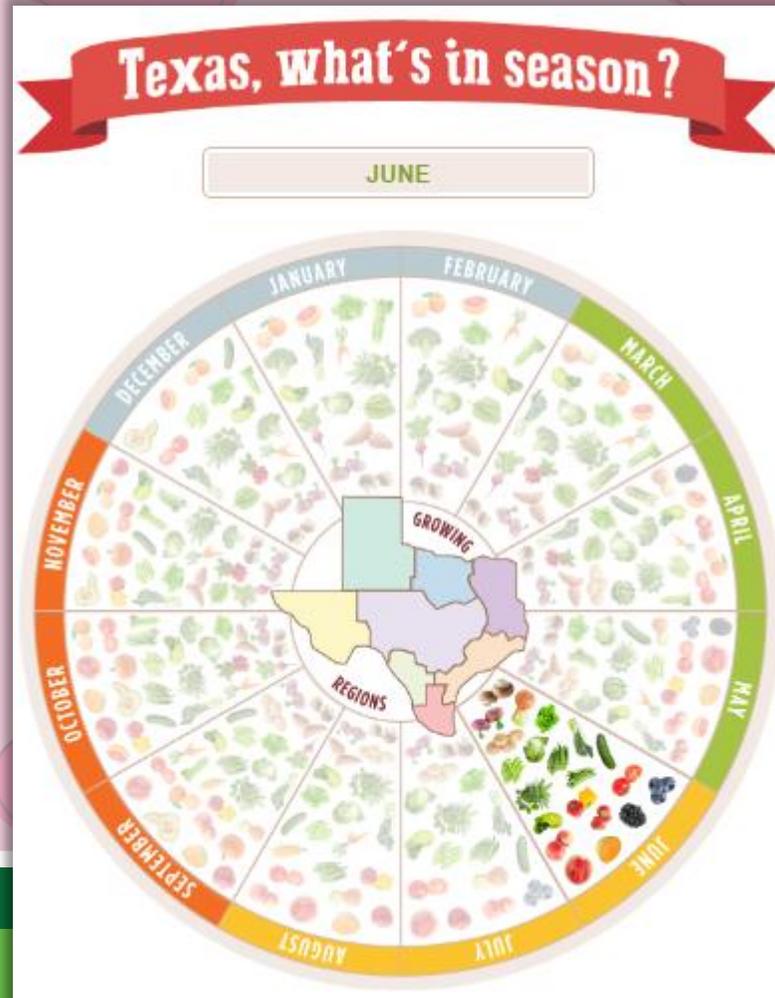
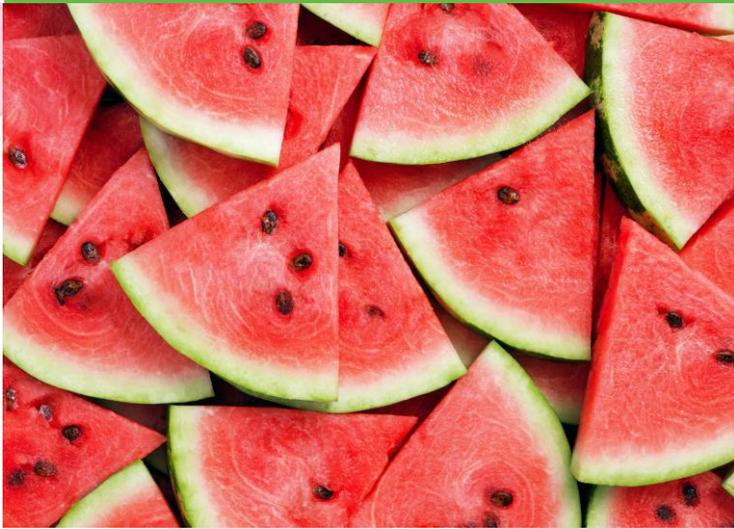
Hoagie Sandwich  
(WG)  
Broccoli Bites  
(Fresh)  
Celery Sticks (Fresh)  
Watermelon Cubes  
(Fresh) or 100% Fruit  
Juice

Water is available upon request. Milk options are present with all meals.

# Incorporate Local, Seasonal Fruits and Vegetables with a Variety of Flavors!

Visit [www.SquareMeals.org/SeasonalityWheel](http://www.SquareMeals.org/SeasonalityWheel) to see what Texas fruits and vegetables are in season every month!

Duncanville ISD serves fresh seasonal, local watermelon weekly and promotes it through social media!



PSJA ISD collaborates with partners to host a Kids Produce Market event where children receive fresh fruits and veggies!

