Menu Ideas and Tips from the 2021 Turnip the Beet Winners

The Turnip the Beet award recognizes outstanding Summer Meal Program sponsors across the nation who work hard to offer high quality, appetizing and nutritious meals to children during the summer months. TDA welcomes all sponsors to view the following summer meal ideas from Texas's 2021 winners.

Apply for the 2022 Awards!

If you are a Summer Meals Program sponsor in good standing, click the link below to apply for the 2022 awards at www.SquareMeals.org/TurnipTheBeet

Deadline to apply is September 23, 2022



Submit the following to TDA:

- 2022 Nomination Form
- Detailed one-month menu
- · Pictures of meals and activities
- Invoices indicating whole grain rich and local products

Congratulations to our 16 Turnip the Beet winners!



Summer 2021 Awardees

Gold

Austin ISD College Station

Silver

Cypress-Fairbanks ISD	North East ISD	Sharyland ISD
Eagle Mountain-Saginaw ISD	Pasadena ISD	Spring ISD
Eagle Pass ISD	Pharr-San Juan-Alamo ISD	Temple ISD
Lewisville ISD	Plano ISD	YES Prep Public Schools
Magnolia ISD	Rio Hondo ISD	



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711 Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA. This institution is an equal opportunity provider.

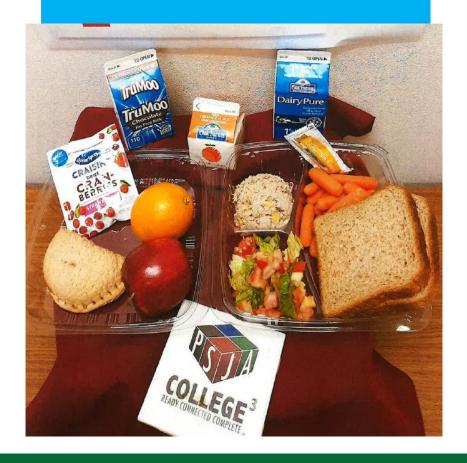




Meal Tips to Brighten Your Menu!



Pharr-San Juan Alamo ISD Tip
Use Colorful Combinations!





North East ISD Tip

Use Homestyle Favorites!

Join us for Turkey Pot Roast with Homemade Whole Grain Texas Toast





TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711 Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA. This institution is an equal opportunity provider.





Meal Tips to Brighten Your Menu!

Cobb Salad





Austin ISD Tip

Add color with summer vegetables and pair with favorites!

Turkey Sandwich



Chicken Salad Wrap







TexMex Bowl





TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711 Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA.

This institution is an equal opportunity provider.





Summer Meal Ideas!



Serve a variety of breakfast and Lunch (hot/cold) options to add variety and appeal to more participants!

Breakfast Meal Options		Lunch Hot Entrée Options		Lunch Cold Entrée Options	
Croissant Apple juice	WGR biscuit Breakfast chicken patty Apple	WGR grilled cheese Sandwich Texas ranchero beans Peaches	Chicken quesadilla Corn Salsa Applesauce	Chicken Penne salad with peas and carrots Strawberries	WGR Crackers Cheese cubes Cucumber slices Seasonal fruit
		Breaded chicken Sandwich Seasoned fries Orange slices	Cheeseburger Salad Sweet potato fries Watermelon	Mediterranean Hummus & veggie wrap Cucumber, Lettuce Seasonal fruit	Pesto chicken pasta Salad Cherry Tomatoes & dip Seasonal fruit
Banana sushi roll: Banana Peanut butter WGR Tortilla	Rise n' Shine parfait with granola, yogurt and frozen berries	WGR chicken tenders Mac & cheese Broccoli & carrots with Ranch dip	Mini pizza bagels Carrots with Hummus Seasonal fruit	Hard boiled egg Pretzels Carrots with dip Applesauce	Southwest chicken wrap with grilled chicken, lettuce, salsa Pineapple chunks
		Mini corn dogs Corn Cucumber slices Canned pears	Steak fingers WGR roll Roasted cauliflower and broccoli with dip Pineapple tidbits	Burrito bowl with chicken strips, black beans, tomato, lettuce salsa Cantaloupe	Tuna salad with WGR crackers Celery sticks with dip Watermelon

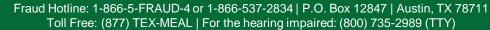
Water is available upon request. Milk options are present with all meals.



Winner's June menus are showcased above.



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER



Incorporate Local, Seasonal Fruits and Vegetables in Your Menus!

Visit www.SquareMeals.org/SeasonalityWheel to see what Texas fruits and vegetables are in season every month!

Lewisville ISD serving meals from a food truck



What's in Season in June?

Fruits

Blackberry

Blueberries

Cantaloupe

Peaches

Strawberries

watermelon

7700	4-1	bloc.
vec	retal	bles

Bell peppers
Cabbage
Cucumbers
Sweet peas
Lettuce
Okra
Potatoes
Squash
Turnip

Tomatoes

YES Prep Public Schools Houston's fruit display





TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711 Toll Free: (877) TEX-MEAL | For the hearing impaired: (800) 735-2989 (TTY)

This product was funded by USDA.

This institution is an equal opportunity provider.

