

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



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Food and Nutrition Division
Summer Meal Programs



Updated 6/23/2022
www.SquareMeals.org

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



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Meal Tips to Brighten Your Menu!

Cobb Salad



Turkey Sandwich



Austin ISD Tip

Add color with summer vegetables and pair with favorites!

Chicken Salad Wrap



Whole Grain Sunbutter and Jelly Sandwich



TexMex Bowl



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Summer Meal Ideas!



College Station ISD and Cy-Fair ISD Tips

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

Breakfast Meal Options

Ham & cheese
Croissant
Apple juice
Diced peach cup

WGR biscuit
Breakfast chicken patty
Apple

Banana sushi roll:
Banana
Peanut butter
WGR Tortilla

Rise n' Shine parfait
with granola, yogurt
and frozen berries

Lunch Hot Entrée Options

WGR grilled cheese
Sandwich
Texas ranchero beans
Peaches

Breaded chicken
Sandwich
Seasoned fries
Orange slices

WGR chicken tenders
Mac & cheese
Broccoli & carrots with
Ranch dip

Mini corn dogs
Corn
Cucumber slices
Canned pears

Chicken quesadilla
Corn
Salsa
Applesauce

Cheeseburger
Salad
Sweet potato fries
Watermelon

Mini pizza bagels
Carrots with
Hummus
Seasonal fruit

Steak fingers
WGR roll
Roasted cauliflower
and broccoli with dip
Pineapple tidbits

Lunch Cold Entrée Options

Chicken Penne salad
with peas and carrots
Strawberries

Mediterranean
Hummus & veggie
wrap
Cucumber, Lettuce
Seasonal fruit

Hard boiled egg
Pretzels
Carrots with dip
Applesauce

Burrito bowl with
chicken strips, black
beans, tomato, lettuce
salsa
Cantaloupe

WGR Crackers
Cheese cubes
Cucumber slices
Seasonal fruit

Pesto chicken pasta
Salad
Cherry Tomatoes & dip
Seasonal fruit

Southwest chicken
wrap with grilled
chicken, lettuce, salsa
Pineapple chunks

Tuna salad with
WGR crackers
Celery sticks with dip
Watermelon

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



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Winner's June menus are showcased above.



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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!

What's in Season in June?

Lewisville ISD serving meals from a food truck



Fruits

Blackberry
Blueberries
Cantaloupe
Peaches
Strawberries
watermelon



Vegetables

Bell peppers
Cabbage
Cucumbers
Sweet peas
Lettuce
Okra
Potatoes
Squash
Turnip
Tomatoes

YES Prep Public Schools Houston's fruit display



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