

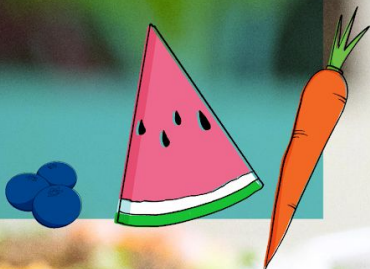
# A Pause for Reflection

As you settle in, take some time to center around the following questions...

1. What is something that made you PROUD of your non-congregate menu in 2024?
2. What is a menu idea that you heard about but didn't have a chance to implement in 2024?
3. What is one word to describe your vision for your non-congregate menu in 2025?
4. What is one word to describe how you want kids and teens to feel about your menu in 2025?

# SUMMER NUTRITION SUMMIT

DECEMBER 9-10, 2024



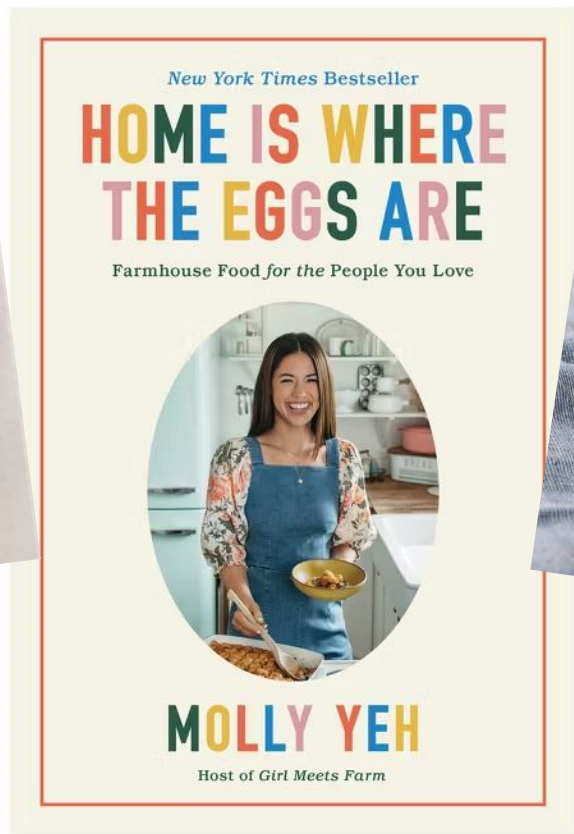
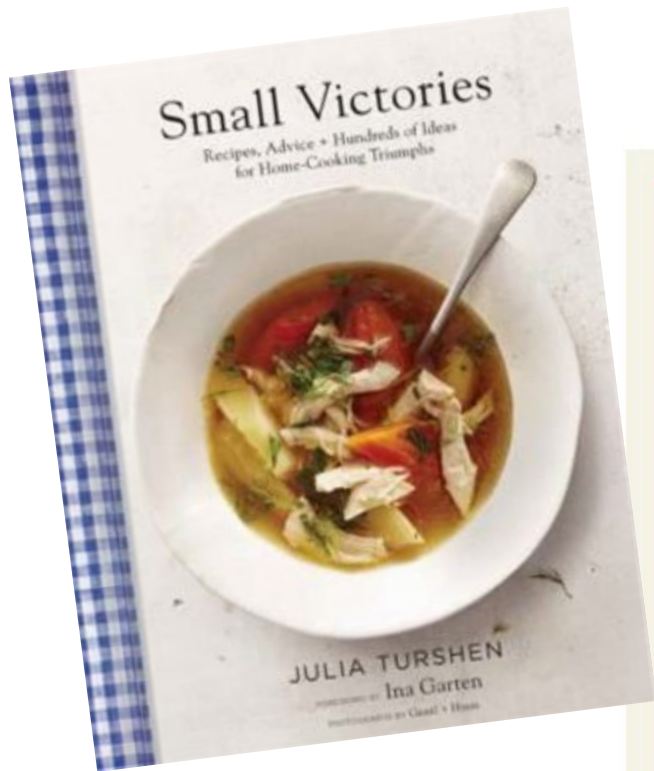
# Rural Refresh

Revitalizing Summer Meal  
Menus for Non-Congregate  
Service

Summer Nutrition Summit 2024









# Session Leads



Sarah Steely  
No Kid Hungry  
Virginia Director



Brianna Guerrero  
No Kid Hungry  
Campaign Manager

# Goals

1. To provide you with **example menu planning strategies** tailored for rural non-congregate meal services.
2. To share insights on the **preferences and satisfaction levels of children** and families participating in the summer meal program.
3. To discuss the logistical considerations and **benefits of different meal distribution models**.
4. To highlight the **importance of incorporating a variety of food items**, including fan favorites and fresh produce, to enhance meal appeal and nutritional value.



# Speakers



Carey Sealy (VA)  
Fredericksburg  
Regional Food Bank



Curtis Dickerson (VA)  
Fredericksburg  
Regional Food Bank



Sarah Kluck (IL)  
Mt. Vernon School  
District



Dr. Linette Dodson  
Georgia Department  
of Education



# Disclaimer

Our speakers represent their own experience with non-congregate summer meal programs in their states and localities. Certain program models and implementation methods may be restricted in some states. Check with your local state agency before implementing any new meal service models or implementation methods.

**Are you ready for...**  
**A MENU OF INSPIRATION?**

Summer Nutrition Summit 2024



## Fredericksburg Regional Food Bank



### Carey Sealy & Curtis Dickerson

Location: Fredericksburg, VA

Population: 423,160

Meal Distribution Type: Multi-day shelf stable

Days of Meals Served: 7 day

Total meals served in 2019: 9,514

Total meals served in 2023: 146,910

Total meals served in 2024: 197,042







# Out in the Field



- 12 Non-congregate sites
- Mid-morning/early afternoon
- 40-300 boxes per site
- May-August

Summer Nutrition Summit 2024



# Food Boxes





## Preparation:

- Ensuring proper menu and meal components
- Wiggle room for the unexpected
- Focus on programming after launch date



## Box Contents:

- Shelf-stable, single-serve meals (excluding milk)
- Sourced from Feeding America, local food service organizations, Amazon (really!!)







## BREAKFAST

## LUNCH

DAY 1

VANILLA GRANOLA BAR  
FRESH FRUIT  
MILK

YOGURT  
PAPAYA  
FRESH FRUIT  
GRANOLA  
MILK

DAY 2

OATMEAL  
APPLE JUICE  
MILK

BBQ CHICKEN  
TROPICAL FRUIT  
FRESH FRUIT  
SCOOBY GRAHAM  
MILK

DAY 3

HONEY GRANOLA BAR  
FRESH FRUIT  
MILK

BBQ CHICKEN  
SPAGHETTI  
FRESH FRUIT  
MILK

DAY 4

FRUIT LOOPS  
APPLE JUICE  
MILK

BUFFALO CHICKEN  
FRESH FRUIT  
SALSA  
TORTILLA SCOOP  
MILK

DAY 5

OATMEAL  
GRAPE JUICE  
MILK

CHICKEN SALAD  
PAPAYA  
FRESH FRUIT  
SCOOBY GRAHAM  
MILK

DAY 6

VANILLA GRANOLA BAR  
FRESH FRUIT  
MILK

CHICKEN SALAD  
SALSA  
FRESH FRUIT  
TORTILLA SCOOP  
MILK

DAY 7

HONEY GRANOLA BAR  
FRESH FRUIT  
MILK

BBQ CHICKEN  
GRAPE JUICE  
TROPICAL FRUIT  
CHEEZ-IT  
MILK

## Sample Weekly Menu:

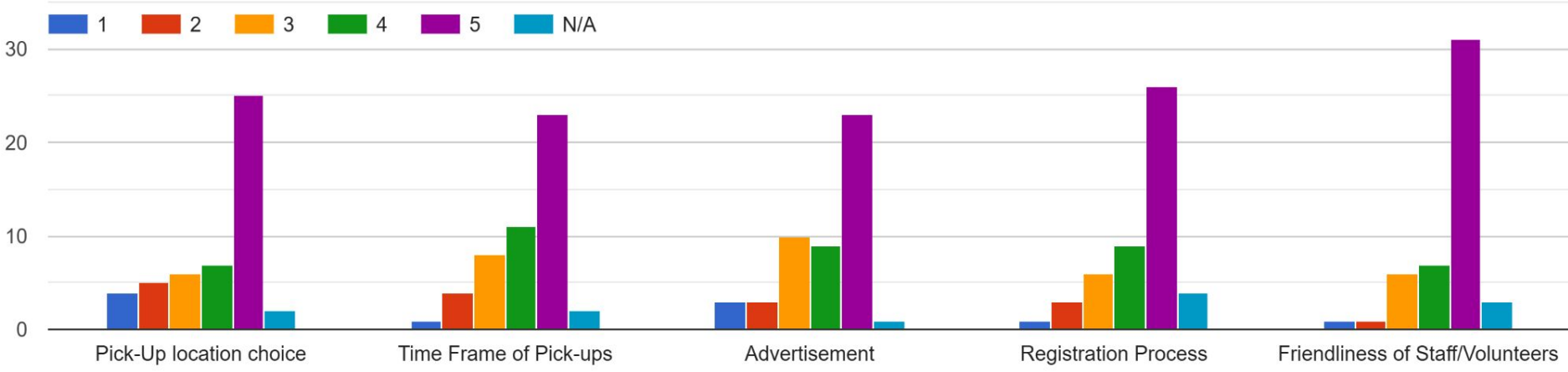
- Detailed daily meals based on contents - for this menu, the box included items like papaya cups, chips & salsa, and BBQ chicken with crackers
- Menu included in every box





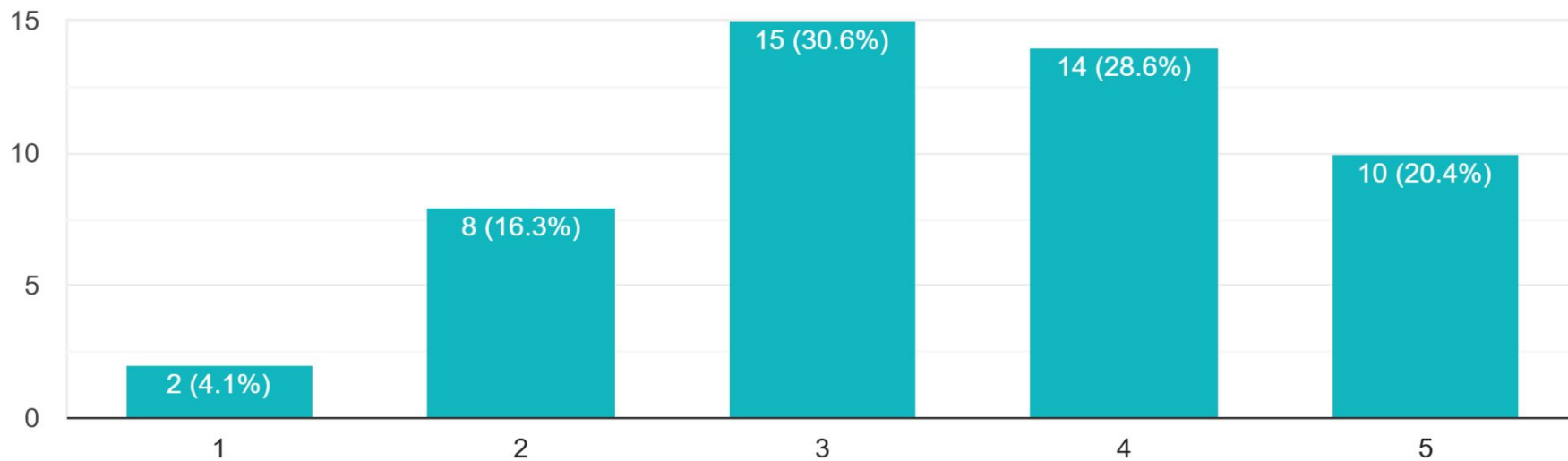
# Feedback

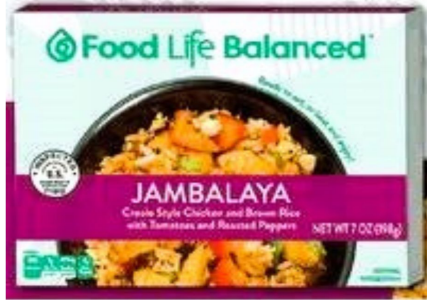
How satisfied were you with the logistics?



## Did your child/children enjoy the food in the box?

49 responses





The Item Least Requested:

**Jambalaya**



The Item Most Requested:

**Fresh Produce**



# Closing Thoughts and Goals for 2025

# Goals For 2025

- Offer evening hours
- Offer more fresh items
  - 1 or 2 prepared meals from the kitchen
  - 15-17 fresh produce items
    - Varietal mix for the week
    - Recipes with the produce

**Thank you, Carey and Curtis!**

**Now let's talk about some RECIPE RIFFS...**

# Recipe Riff: Feeding Southwest Virginia

Consider supplementing pre-packaged boxes with extra fresh produce.

## Ingredients:

- Shelf-stable meal boxes
- Private donations
- Local produce

## Instructions:

- Procure multi-day meal boxes and cover costs with SFSP reimbursement.
- Seek funding and/or partnership opportunities that enable you to add produce to shelf-stable boxes.
- Give yourself grace: this does not have to be an every-week initiative.

**Works well with:** educational opportunities, like Virginia's Harvest of the Month. And BERRIES!



Feeding Southwest Virginia is at the summit! Talk to Ms. Brandon Comer to learn more.



# Recipe Riff: Morongo Unified School District

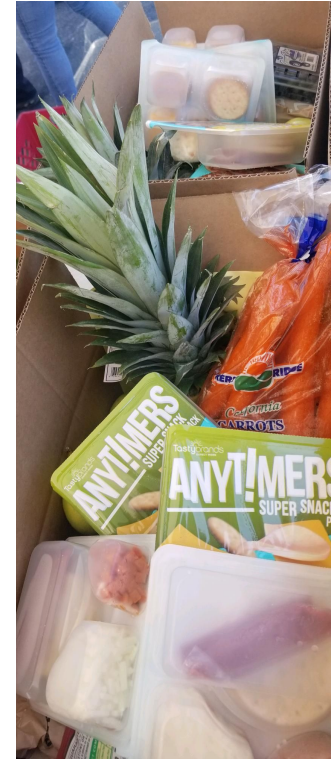
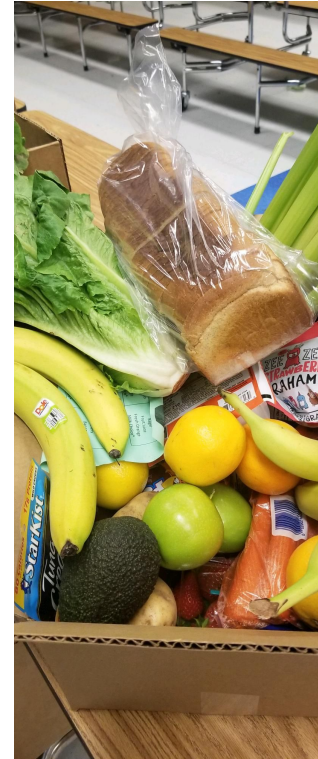
Consider a sign-up form with meal kit options.

## Ingredients:

- Staff capacity to offer choices
- Sign-up form and QR code

## Instructions:

- Develop meal kit choices
  - Bulk items for at-home preparation
  - Pre-portioned ready-to-eat meals
- Create a sign-up form (example: google forms)
- Circulate to families/post online
- Collect orders on a weekly basis
- Pack meal boxes based on family preference



Morongo USD is at the summit! Connect with Janet to learn more.







## Mt. Vernon School District



### Sarah Kluck

Location: Mt. Vernon, IL

Enrollment: 1,500 in Pre K -8th grade.

Meal Type: Freeze & Thaw

Distribution: Drive Thru, Delivery & Pick Up

Total meals served in 2022: **3,045 lunch only**

Total meals served in 2023: **122,028 meals**

Total meals served in 2024: **215,271 meals**





# Mt. Vernon School District

## Non-congregate Operations

- In **2023**, wanted to serve one hot meal and 2-3 days of take home meals. Required double the staffing, drive thru line backed up with long wait times
- In **2024**, pivoted to Freeze & Thaw. Used sealer which allowed us to serve scratch made and better-quality meal with less staff time since we could prep ahead of time instead of day of
- Averaged **1,700** meals a day this summer



# Mt. Vernon School District

## Freeze & Thaw Logistics

- The purchase of **3 additional freezer** units was a necessity for our program. We needed extra space to be able to store the meals we were making.
- Hired **5 additional staff** members this summer.
- On **Mondays** we sealed meals for Tuesday pick up
- On **Wednesdays** we sealed meals for Friday pick up
- When packing bags we packed all shelf stable/ dry items the day before in our bags.
  - The morning of pick up we would add the frozen items into the bags about 2 hours before the drive thru opened.



# Mt. Vernon School District

## Menu Planning

- Freeze and thaw method allowed us to continue our typical school year menu
- Able to serve IQF (Individually Quick Frozen) items in bulk
  - Many vendors don't keep IW (individually wrapped) items in stock over the summer, or their stock is depleted.
  - Being able to buy bulk items and seal them individually was very helpful.



# Mt. Vernon School District

## Student Satisfaction

- Students were thrilled to have access to delicious meals that were easy to reheat
  - We made sure to choose containers that were both oven safe and microwave safe.
  - Provided instructions for storing and preparation.
- Some of our most popular frozen entrees were: whole grain pretzels bites with cheese, any kind of pasta, individual pizzas, and chicken Caesar salads.



# Mt. Vernon School District

## Commodities

- **Divert to processing**
  - Manufacturers always have extra pounds left in May/June! You can even bulk up on items for the summer if you have the space in your freezers
  - Bulk proteins like diced chicken, shredded chicken, pulled pork, beef crumbles, make it much more convenient to scratch cook.
- **FFVAORS/DOD**
  - If your state runs a DOD/FFAVORS program and your participate, be sure to reach out and ask for extra dollars for the SFSP!
- **USDA Foods/Brown Box**
  - You can also check with your state agency about any USDA bonus items that might be available.



## TONY'S® 4" GALAXY PIZZA® PRODUCTS

Named by kids, for kids! Enjoy our signature tomato sauce and cheese atop a uniquely shaped, pastry-style and 51% whole grain crust options.

ITEM #	PRODUCT VARIETY	WEIGHT (OZ./SERVING)	SERVING SIZE	SERVINGS /CASE
78364	51% WG Cheese	4.46	1 Pizza (126g)	72
78365	51% WG Turkey & Beef Pepperoni (Diced)	4.51	1 Pizza (127g)	72
78366	51% WG Cheese - IW	4.46	1 Pizza (126g)	72
78367	51% WG Turkey & Beef Pepperoni (Diced) - IW	4.51	1 Pizza (127g)	72





**Thank you, Sarah!**

**Now let's talk about some RECIPE RIFFS...**

# Recipe Riff: Louisa County Public Schools (VA)

Consider getting a head start on summer by beginning your prep during the school year.

## Ingredients:

- End-of-year schedule (field trips, award ceremonies)
- Sealing machine
- Freezer capacity
- USDA commodities/cycle menus

## Instructions:

- Identify lighter days at the end of the school year, when staff are working regular hours but are done early with routine tasks.
- Use the down-time to prepare extra servings of school-year student favorites
- Portion and freeze for non-congregate meal service.

**Works well with:** spaghetti, chicken drumsticks, tacos, turkey/gravy/mashed potatoes, mac & cheese




Menus for May 2024

Louisa County Elementary Schools  
The substitute is an equal opportunity provider. Items are subject to change.



Celebrating Our  
School Lunch Heroes!  
School Lunch Hero Day—May 3, 2024

		<b>Wednesday, May 1</b>	<b>Thursday, May 2</b>	<b>Friday, May 3</b>
		<p><b>Choose One</b> PB&amp;J Uncrustable/Grab N Go Chef Salad w/WG Roll Turkey, Ham &amp; Cheese Grab-n-Go w/ Baked Chips Corn Dog Nuggets Cheeseburger on WG Bun <b>Choose 1 or 2</b> Vegetarian Baked Beans Baked Potato Smiles <b>Choose 1</b> Fresh Orange Wedges Chilled Applesauce <b>Choice of Milk</b></p>	<p><b>Choose One</b> PB&amp;J Uncrustable/Grab N Go Greek Yogurt w/ Banana Bread Taco Salad Chicken Lasagna Roll-ups Chicken &amp; Veg. Doggielegs w/ Veg. Fried Rice <b>Choose 1 or 2</b> Seasoned Peas &amp; Carrots Fresh Veggie Cup/Hummus <b>Choose 1</b> Chilled Mandarin Oranges Chilled Pineapple Cup <b>Choice of Milk</b></p>	<p><b>School Lunch Hero Day!!</b> <b>Choose One</b> PB&amp;J Uncrustable/Grab N Go Chef Salad w/WG Roll Turkey, Ham &amp; Cheese Sub Grab-n-Go w/ Baked Chips Maxx Side w/ Main Breakfast 4 Lunch Dutch Waffle/Sausage Patty <b>Choose 1 or 2</b> Baked Tater Tots Baby Carrots w/Ranch <b>Choose 1</b> Cinnamon Baked Apples Frozen Juice Cup <b>Choice of Milk</b></p>
<b>Monday, May 6</b>	<b>Tuesday, May 7</b>	<b>Wednesday, May 8</b>	<b>Thursday, May 9</b>	<b>Friday, May 10</b>
<p><b>Choose 1</b> PB&amp;J Uncrustable/Grab N Go Turkey, Ham &amp; Cheese Sub Grab-n-Go w/ Baked Chips Pepperoni or Cheese Pizza Chili Cheese Nachos <b>Choose 1 or 2</b> Seasoned Green Beans Steamed Broccoli <b>Choose 1</b> Craisins Chilled Peaches <b>Choice of Milk</b></p>	<p><b>Choose 1</b> PB&amp;J Uncrustable/Grab N Go Greek Yogurt w/ Banana Bread Soft Taco Macaroni &amp; Cheese <b>Choose 1 or 2</b> Fiesta Beans Seasoned Corn <b>Choose 1</b> Chilled Fruit Chilled Mixed Fruit <b>Choice of Milk</b></p>	<p><b>Choose 1</b> PB&amp;J Uncrustable/Grab N Go Chef Salad w/Garlic Bread Turkey, Ham &amp; Cheese Sub Grab-n-Go w/ Baked Chips Cheeseburger on Bun Hot Dog on Bun <b>Choose 1 or 2</b> Baked Potato Smiles Vegetarian Baked Beans <b>Choose 1</b> Fresh Apple Slices Chilled Peas <b>Choice of Milk</b></p>	<p><b>Choose 1</b> PB&amp;J Uncrustable/Grab N Go Greek Yogurt w/ Banana Bread Taco Salad w/oz. chips Spaghetti w/Meat Sauce w/ Garlic Toast Pizza Crunchers <b>Choose 1 or 2</b> Tossed Salad w/ Dressing Baby Carrots/Hummus <b>Choose 1</b> Fresh Orange Wedges Chilled Pineapple Cup <b>Choice of Milk</b></p>	<p><b>Choose 1</b> PB&amp;J Uncrustable/Grab N Go Chef Salad w/WG Roll Turkey, Ham &amp; Cheese Sub Grab-n-Go w/ Baked Chips BBQ Chicken w/ WG Roll Turkey &amp; Gravy w/ WG Roll <b>Choose 1 or 2</b> Creamy Mashed Potatoes Sweet Peas <b>Choose 1</b> Fresh Apples Chilled Applesauce Cup <b>Choice of Milk</b></p>

# Recipe Riff: Sullivan School District (IL)

Consider letting your staff guide your menu.

## Ingredients:

- Your team!

## Instructions:

- Encourage your staff to be vocal with menu planning
- Create opportunities for feedback and brainstorming
- Generate an environment of of buy-in, respect, and camaraderie
- Pass that love along to the community

**Works well with:** Modeling menus off of local restaurant favorites like stuffed bagels, garlic pull aparts & deep dish pizza!

JUNE 2024 Sullivan Summer Food Service Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
B-Breakfast Cookie, Peach cup, 1 c milk <b>3</b> L-Chicken fillet sandwich, Pineapple cup, baby carrots, 1 c milk	B-Apple Frudel, juice slushy, 1 c milk <b>4</b> L- Pizza Bread, marinara sauce, fresh apple, 1 c milk	B-Mini Cini pull apart, fresh orange, 1 c milk <b>5</b> L-Uncrustable, mandarin orange cup, baby carrots, 1 c milk	B-Cereal Bowl, craisins, 1 c milk <b>6</b> L- Mac & Cheese, celery juice, 1 c milk	B-Nutgrain bar, Cheezits, juice, 1 c milk <b>7</b> L-Hamburger w/ bun, cherry tomatoes, applesauce cup, 1 c milk
B-Muffin, pear cup, 1c milk <b>10</b> L-Chicken patty sandwich, 6 sticks fresh cucumber, raisins, 1c milk	B- Cereal Bowl, juice slushy 1c milk <b>11</b> L- Corn dog, baby carrots, fresh apple, 1c milk	B- Confetti pancakes, applesauce cup, 1c milk <b>12</b> L-Chicken drumstick, Cheezits, 6 sticks fresh cucumber, cutie, 1c milk	B-Cereal Bar, mandarin orange cup, 1c milk <b>13</b> L-Uncrustable, Cheezits, ¼ c grape tomatoes, juice, 1c milk	B- French Toast Cinnamonia, apple slices, 1c milk <b>14</b> L-(2) Bosco sticks, marinara cup, 6 sticks fresh cucumber, craisins, 1c milk
B- Breakfast Pizza, fresh orange, 1c milk <b>17</b> L- Chicken fillet sandwich, Pineapple cup, baby carrots, 1c milk	B-Benefit Bar, fresh pear, 1c milk <b>18</b> L- Pizza Quesadilla, ¼ c strawberries, 6 sticks fresh squash, 1c milk	B- Cereal Bowl, fresh orange, 1c milk <b>19</b> L-Hamburger w/ bun, mandarin orange cup, baby carrots, 1c milk	B- Mini cinnamon French toast, 1/2c Strawberries, 1c milk <b>20</b> L-Garlic pull apart w/ marinara, fresh apple, 1c milk	B- Cereal Bar, applesauce cup, 1c milk <b>21</b> Deep dish cheese pizza, 6 sticks fresh squash, juice, 1c milk
B-Cereal Bowl, 1/2c apple slices, 1c milk <b>24</b> L-BBQ Rib on Bun, 4oz juice, 6 sticks fresh cucumber, 1c milk	B-Cereal Bar, fresh orange, 1c milk <b>25</b> L-Corn dog, baby carrots, fresh pear, 1c milk	B-Muffin, applesauce cup, 1c milk <b>26</b> L-Uncrustable, Cheezits, 6 sticks fresh cucumber, cutie, 1c milk	B-Strawberry Stuffed Bagel, fresh apple, 1c milk <b>27</b> L-Cheese Pizza, baby carrots, juice, 1c milk	B-Pop tart, mandarin orange cup, 1c milk <b>28</b> L- 2 Chicken tenders, celery sticks, pear cup, 1c milk

If you need to postpone or cancel your delivery, please email or call Becky Batman @ [BatmanB@sullivan.k12.il.us](mailto:BatmanB@sullivan.k12.il.us) or 217-728-8341 ext. 1221

Monday delivery; menu begins on Tuesday. Tuesday delivery; menu begins on Wednesday. Wednesday delivery; menu begins on Thursday. Thursday delivery; menu begins on Friday.

Friday delivery; menu begins on Monday. Food may be consumed in any sequence.

See other side for cooking instructions  
Please wash hand fruit before eating

# Georgia Department of Education (GaDOE)



## Dr. Linette Dodson RD LD SNS FAND

- Georgia State Nutrition Director
- Former Director of School Nutrition for Carrollton City Schools, Carrollton, GA



# Georgia Department of Education

Share Our Strength's partnership with the Georgia Department of Education (GaDOE) **supports and strengthens the state agency's culinary program.**

**Goal** - improve the quality of school meals and strengthen participation in the programs.

**Focus** - increase the culinary capacity of school nutrition programs.

- Innovative website for school nutrition professionals
- Monthly professional development opportunities
- Targeted technical assistance





# Georgia Department of Education

## Enhancing Menus

- Menu Matrix and Planning Guides
- Standardized recipes – 200 and counting
- Monthly Culinary Connections
- Monitoring Stakeholder Feedback
- Improve Confidence and Culinary Skills



### Taste Test Resource

Taste testing with students provides nutrition education while exposing students to a variety of healthy foods. They are a vital step to a lifetime of making nutritious choices.

This [Taste Testing resource](#) provides a guide for incorporating taste testing activities into the classroom. It emphasizes the importance of connecting taste testing to the curriculum while practicing social graces during food tasting. The resource also provides a food literacy tool that can aid when describing the foods being tested.

Additional taste testing resources can be found on the [USDA Team Nutrition website](#).

**These Activities Can Be Used As Part Of Professional Development Opportunities  
For School Nutrition Professionals.**

[Tasting Experience Activity](#) ↓

[Flavor Activity](#) ↓

[Spices and Herbs Grid](#) ↓

# Georgia Department of Education

## Connecting through Summer Meals

- Small and rural schools often need the most support with menus:
  - **Example Haralson County - 58,000, Calhoun City - 220,000 summer meals.**
- Summer is one of the key times parents engage with school meals
- GaDOE training supporting non-congregate model
- How else can non-congregate model and menus work together?



**Summer Nutrition Summit 2024**



# Georgia Tray of the Week

Rural Districts



# Georgia Department of Education

## GaDOE Culinary Resources:

- Production Strategies and Kitchen Efficiencies
- Meal Planning Tools
- Inspiration, Fresh Ideas, and Trends
- Standardized Recipes
- Culinary Training and Resources



<https://culinary.gadoe.org/>

## Asian Edamame Noodle Salad

A recipe from Georgia Department of Education School Nutrition

A wonderful combination of Asian flavors and colors. Romaine lettuce topped with a mix of fresh carrots, corn, red cabbage, mustard greens, green onions, edamame, and soba noodles all drizzled with a sweet and tangy ginger-citrus dressing.



### Ingredients:

- 7 lbs + 13 oz Noodles, soba, WG, frozen
- 1/8 cup Oil, canola
- 2 lbs + 5 oz Corn, whole kernel, frozen
- 9 lbs + 8 oz Edamame, frozen, shelled
- 1 qt + 1 pt Dressing, Mandarin Sesame Ginger (AP)
- 3 lbs + 12 oz Lettuce, romaine, chopped
- 1 lbs + 13 oz Greens, mustard, fresh, shredded
- 1 lbs + 9 oz Carrots, fresh, julienne cut
- 1 lbs + 5 oz Cabbage, red, fresh, shredded
- 1 lbs + 6 oz Peppers, red, fresh, sweet, diced
- 1.25 cup Onions, green, fresh, 1/4" bias cut
- 1.25 cup Noodles, Chow Mein

### Recipe Details



Harvest of the  
Month

#### MEAL COMPONENTS:



Grain



Meat/Meat  
Alternate  
(M/MA)



Vegetable  
Dark Green



Vegetable  
Other



Vegetable  
Red/Orange



Vegetable  
Starchy

#### CREDITING INFORMATION

- 2 oz. eq Meat/Meat Alternate (M/MA)
- 2 oz. eq Grain
- 1/2 cup Vegetable Dark Green
- 1/8 cup Vegetable Red/Orange
- 1/8 cup Vegetable Starchy
- 1/8 cup Vegetable Other

#### HACCP CATEGORY:

Process #3 (Complex)

#### PORTIONS:

50

#### PORTION SIZE:

salad



# Like. Follow. Engage.



@GaDOENutrition



anchor.fm/fuelcast



@GaDOENutrition



fuelingga@gadoe.org



@gadoe\_snp



gadoe.org/snp



Georgia Department of Education School Nutrition

This institution is an equal opportunity provider.

**Thank you, Dr. Dodson!**

**Before we close, let's take some time to  
reflect...**

# A Pause for Reflection

Take a moment to center around the following questions...

1. What feelings did you feel over the last 45 minutes? Why?
2. Identify at least one piece of inspiration and pledge to follow where it leads you when you get home.
3. What do you wish you still knew?
4. What can you learn from each other?

# A Menu of Inspiration

Recapping today's "recipes" (customize based on time, resources, and capacity)

1. Consider featuring fresh produce alongside shelf-stable items.
2. Consider investing in equipment that will allow you to prep in advance.
3. Consider the balance between ready-to-eat items and offering ingredients that might have some preparation.
4. Consider leveraging commodities to support cost management and menu diversification.
5. Consider inclusivity- what do your staff think? What do your customers think?
6. Consider culinary training resources, like those from GA DOE.