



HOLIDAY MEALS DURING COVID-19

Sample Menu

Breakfast & Lunch for 7 Days

Fruits	7 Fresh Persimmons & Pears 12 oz Fresh Cranberries 1 Quart 100% Orange Juice	3.5 Cups Fruit 3 Cups Fruit 4 Cups Fruit Juice
Veggies	2 lbs Sweet Potatoes 1 Bunch Celery	3 Cups Red/Orange Veggie 2.5 Cups Other Veggie
Grains	1 Dozen Dinner Rolls 1 Holiday Cookie	24 oz eq Whole Grains 1 oz eq Grain-Based Dessert
Proteins	1/2 Dozen Eggs 8 oz Plain Yogurt	12 oz eq Meat/Meat Alt 2 oz eq Meat/Meat Alt
Milk	1 Gallon 1% White Milk	16 Cups Fluid Milk

Serving meals over holiday periods promotes good nutrition, combats food insecurity, and supports the school nutrition program. Consider offering a meal kit with up to 7-days of breakfasts and lunches served at one time. Be sure to include recipes and food safety instructions. This sample menu complies with SFSP. It also complies with K-5 SSO with a meal pattern waiver for milk variety and veggie subgroups. For more ideas visit www.lunchassist.org.

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