

Best Practices From the 2022 Turnip the Beet Winners

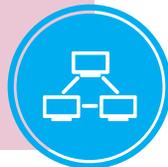
The Turnip the Beet award recognizes outstanding Summer Meal Program sponsors across the nation who work hard to offer high quality, appetizing and nutritious meals to children during the summer months. TDA welcomes all sponsors to view the following summer meal ideas from Texas's 2022 winners.

Apply for the 2023 Awards!

If you are a Summer Meals Program sponsor in good standing, click the link below to apply for the 2023 awards at

www.SquareMeals.org/TurnipTheBeet

**Deadline to apply is
September 1, 2023**



Submit the following to TDA:

- 2023 Nomination Form
- Detailed one-month menu
- Pictures of meals and activities
- Invoices indicating whole grain rich and local products



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
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Food and Nutrition Division
Summer Meal Programs



Updated 2/24/2023
www.SquareMeals.org

Summer 2022 Awardees

Congratulations to our 26 Turnip the Beet winners!



Gold

Brenham ISD
College Station ISD

Eagle Mountain-Saginaw ISD
North East ISD

Pharr-San Juan-Alamo ISD
Plano ISD

San Antonio Food Bank
YES Prep Public Schools



Silver

Brownsville ISD
Crosby ISD
Florence ISD
Frankston ISD

Galena Park ISD
Garland ISD
Grapevine-Colleyville ISD
Lamar CISD

Longview ISD
Magnolia ISD
Marble Falls ISD
Mission CISD

Rio Hondo ISD
San Antonio ISD
San Marcos CISD
Spring ISD



Bronze

Pasadena ISD

Rockdale ISD



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Meal Tips to Brighten Your Menu!

Brenham ISD

Use Locally Sourced Ingredients
Such as Texas Watermelon!



Eagle Mountain Saginaw ISD

Serve a Variety of Colors,
Textures, and Shapes!



YES Prep Public Schools

Offer Fruits and Vegetables at the
Beginning of the Serving Line!



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Summer Meal Ideas!

Pharr-San Juan ISD, Plano ISD, and Frankston ISD Menu Tips

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

Breakfast Meal Options

WGR breakfast empanada
Apple

WGR blueberry muffin
Fresh strawberries
100% fruit juice

WGR mini pancakes
Apple wedges
100% fruit juice

Low fat yogurt
WGR graham crackers
Craisins

Lunch Hot Entrée Options

WGR chicken nuggets
Celery & tomatoes
Baked beans
Applesauce

WGR bean & cheese burrito
Fresh cauliflower bites
Carrot sticks
Orange

WGR cheese pizza
Fresh side salad
Broccoli Normandy
Orange wedges

Orange chicken
WGR white rice
Fresh carrots
Canned diced peaches

Lunch Cold Entrée Options

PB & J sandwich on WGR bread
WGR graham crackers
Jicama sticks
Celery sticks
Applesauce
Grapefruit

Pinwheel on WGR tortilla
Golden corn
Cheesy broccoli florets
Applesauce

Ham & cheese sandwich
Baked chips
Baby carrots
Cucumber with low sodium tajin
Mixed fruit medley
Light ranch dip

Hoagie sandwich on WGR bun
Fresh broccoli bites
Celery sticks
Applesauce

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



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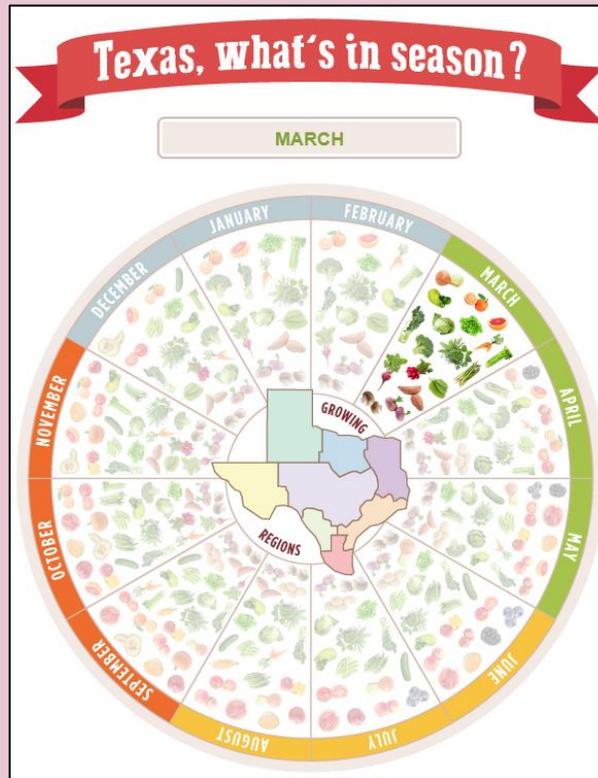


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Incorporate Local, Seasonal Fruits and Vegetables with a Variety of Flavors!

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

Galena Park ISD served Picadillo with brown rice, black beans, steamed carrots, and watermelon



Florence ISD Serves Local Foods From Partner Farms and Encourages Children to Try Them!



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