



PUBLIC SCHOOLS OF NORTH CAROLINA
State Board of Education
Department of Public Instruction

MEAL APPEAL

childnutrition.ncpublicschools.gov

This institution is an equal opportunity provider.

School meals may be prepared and served utilizing a variety of meal patterns. Many factors determine if meals are planned for School Breakfast Program (SBP), National School Lunch Program (NSLP), Summer Food Service Program (SFSP), or At Risk After School Meals (ARAM). The menus in this document are designed to help you create nutritious appealing meals using purchased and USDA Foods when delivering packaged meals to classrooms, curbside pick-up, or transported to another site. Feel free to customize the menus making appropriate adjustments and substitutions for your meal patterns, local preferences, and ingredient availability.

Many recipes can be found in the NC K-12 Culinary Institute resources at <https://childnutrition.ncpublicschools.gov/continuing-education/nc-k-12-culinary-institute> and NC Farm to School at <https://www.ncfarmtoschool.com/school-foodservice/recipes/>. It is important to assess portion size and component crediting for all products and recipes to ensure the appropriate daily and weekly age/grade group meal patterns are fully met for any menu combinations. Use this resource to incorporate fresh, local fruits and vegetables, whole grain-rich ingredients, lean proteins, and low-fat dairy products into your school meals!

TABLE OF CONTENTS



Hot Options

- MENU 1** Tangy BBQ Chicken
- MENU 2** Crispy Fish Tacos
- MENU 3** Gourmet Grilled Cheese
- MENU 4** Mega Meatball
- MENU 5** Chicken Parm Flatbread
- MENU 6** Chicken Spinach Alfredo Bake
- MENU 7** Sweet Thai Roasted Chicken
- MENU 8** Beef + Cheese Taco Roll-Up
- MENU 9** Build-Your-Own Beef + Cheese Nachos
- MENU 10** Buffalo Chicken Mac and Cheese
- MENU 11** Pesto Chicken Sandwich
- MENU 12** Cuban Sandwich
- MENU 13** Cheesy Baked Potato with Hearty Beef Chili
- MENU 14** Hot and Cheesy Meatball Sub

“Make It Easy” Option Available: For some menus, we’ve also provided a scaled-back version that is a great option for schools with limited labor, equipment, or space.



Cold Options

- MENU 15** Open-Ended Hawaiian Chicken Wrap
- MENU 16** Southwest Vegetarian Taco Cup
- MENU 17** Cheesy Shredded Mini Chicken Wraps
- MENU 18** Creamy Pasta Salad with Chicken Tenders
- MENU 19** Turkey and Cheddar Roll-ups
- MENU 20** Build-Your-Own Sriracha Ranch Grilled Chicken Wrap
- MENU 21** Build-Your-Own Ham, Turkey, and Cheddar Sliders
- MENU 22** Protein Pack with Eggs and Ham
- MENU 23** Your School’s Favorite Wrap
- MENU 24** Peanut Butter and Jelly Sandwich
- MENU 25** Make-Your-Own Peanut Butter and Jelly
- MENU 26** Make-Your-Own Pepperoni Pizza Roll-Up Box
- MENU 27** BBQ Tuna Sandwich
- MENU 28** Hummus + Cheese + Pita = Tasty Trio
- MENU 29** Taco Tuesday Shredded Chicken Dip
- MENU 30** Tangy Tuna Poke Bowl



Menu 1



Tangy BBQ Chicken
Creamy One Pan Mac and Cheese
Tender Cornbread
Crunchy Broccoli-Cranberry Salad
Scratch-Made Blueberry Crisp
Choice of Milk

“Make It Easy” Version

Barbecue-Glazed Chicken Wings
Creamy Mac and Cheese
Tender Cornbread or Corn Muffin
Steamed Green Beans
Diced Pears + Strawberries
Choice of Milk



Menu 2



Crispy Fish Tacos with
School Made Bang Bang Sauce
Cilantro-Lime Rice
Spicy Pineapple Jalapeno Slaw
Mexicali Corn
Pineapple Salsa
Choice of Milk

“Make It Easy” Version

Crispy Fish Tacos
Cilantro-Lime Rice
Mexicali Corn
Juicy Fruit cup
Choice of Milk



Menu 3



Gourmet Grilled Cheese
Cool Cucumber + Cauliflower
with Tzatziki Dip
Fruit Explosion
Choice of Milk

PACK HACK:

Spoon tzatziki on the bottom of the compartment without a cup.

“Make It Easy” Version

Crispy Grilled Cheese Sandwich
Crunchy Mini Carrots + Cool Ranch Dip
Mixed Berry Fruit Cup
Choice of Milk

PACK HACK:

You can assemble your sandwiches (hold refrigerated) the day before to speed up preparation/cooking times on the day of service.



Menu 4



Mega Meatball
Corkscrew Pasta with Tomato Marinara
Whole Grain Roll
Roasted Parmesan Broccoli
Warm Crustless Apple Pie
Choice of Milk

“Make It Easy” Version

Goey Mozzarella Sticks with Marinara
Steamed Broccoli
Warm Crustless Apple Pie
Choice of Milk

PACK HACK:

Toss your rotini with the marinara before portioning to cut out the additional step of “saucing.”



Menu 5



Chicken Parmesan Flatbread
with Marinara Dip
Cheesy Italian Spinach
Romaine Salad + School-Made Herb
Vinaigrette
Sweet Banana Crumble
Choice of Milk

“Make It Easy” Version

Cheesy Calzone + Marinara Dip
Garlic-Butter California Blend Veggies
Sweet Banana Crumble or
Raisin Snack Pack
Choice of Milk

PACK HACK:

Add your portion cups to the main container before placing your flatbread. This will allow you to expose the “filling” better!



Menu 6



Chicken Spinach Alfredo Bake
Hot Buttered Roll
Seasoned Green Beans
Mixed Berry Cup
Choice of Milk

“Make It Easy” Version

Crispy Popcorn Chicken
Hot Buttered Roll
Tangy Cherry Tomato and Corn Salad
Diced Pears + Green Grapes
Choice of Milk



Menu 7



Sweet Thai Roasted Chicken
Savory Fried Rice
Asian-Style Veggie Stir-fry
Tropical Apple Bake
Choice of Milk

“Make It Easy” Version

Oven Roasted Chicken
Steamy Brown Rice
Asian-Style Veggie Stir-fry
Tropical Apple Bake
Choice of Milk



Menu 8



Beef & Cheese Taco Roll-Up
Fiesta Beans
Fresh Pico de Gallo Cup
Always Sunny Orange Wedges
Choice of Milk



Menu 9



Build Your Own Beef + Cheese
Nachos
Savory Refried Beans
Crunchy Veggie Mix with
Ranch Dressing
Refreshing Apple Wedges
Choice of Milk



Menu 10



Buffalo Chicken Mac and Cheese
Steamed Broccoli
Cool Cucumber-Tomato Salad
School-Made Peach Crisp
Choice of Milk

“Make It Easy” Version

Buffalo Chicken Mac and Cheese
Steamed Broccoli
Cool Cucumbers with Ranch Dressing
Sweet Strawberry Cup
Choice of Milk



Menu 11



Pesto Chicken Sandwich
Steamed California Blend with
Warm Garlic Butter
School-Made Herb Roasted
Red Potatoes
Chilled Applesauce Cup
Choice of Milk

“Make It Easy” Version

Hot Grilled Chicken and Cheese Sub
Steamed California Blend with
Warm Garlic Butter
Potato Roasters
Chilled Applesauce Cup
Choice of Milk



Menu 12



Cuban Sandwich
Extra Sweet Corn
Spicy Cuban-Style Black Beans
School-Made Pineapple Crisp
Choice of Milk

“Make It Easy” Version

Cuban Sandwich
Extra Sweet Corn
Crispy Sweet Potato Waffle Fries
Crispy Apple Wedges + Vanilla
Yogurt Dip
Choice of Milk

PACK HACK:

The Cuban sandwich can be assembled one day in advance.



Menu 13



Cheesy Baked Potato with
Hearty Beef Chili
Steamed Broccoli
School-Made Peachy Granola Bar
Crunchy Apple Wedges
Choice of Milk

PACK HACK:
Peachy Granola Bar can be prepared
well in advance and kept frozen until
ready to serve.

“Make It Easy” Version

Baked Potato with Shredded Cheddar
and Broccoli
Toasty Texas Toast
Crunchy Apple Wedges
Choice of Milk

PACK HACK:
Offer cheese sauce in
portion cup for potato or broccoli
– customer's choice.



Menu 14



Hot & Cheesy Meatball Sub
Steamed Corn with Garlic Butter
Garden Salad with School-Made Ranch
Oranges Smiles
Choice of Milk

PACK HACK:

Use sharpies to add a positive message to the tops of Styrofoam boxes for students.

For example, "Happy Birthday!", "Have a great day!", "Enjoy your lunch!", "Study hard!", etc. This does not need to be done every day or for every packaged meal, just when time allows or as a special gesture.





Menu 15



Open-Ended Hawaiian Chicken Wrap
Crunchy Mini Carrots with Ranch Cup
Tropical Pineapple
Choice of Milk

PACK HACK:
Offer Hawaiian Chicken Wrap as
a Build-Your-Own option.



Menu 16



Southwest Vegetarian Taco Cup
Not Hot Salsa
Crisp Tortilla Chips
Captain America Fruit Cup
Choice of Milk

PACK HACK:

Set your boat into the main compartment before filling it. Empty boats are much easier to handle than full ones.



Menu 17



Cheesy Shredded Mini
Chicken Wraps
Garden Salad with
School-Made Ranch
Fresh Red Seedless Grapes
Choice of Milk



Menu 18



Creamy Pasta Salad with
Chicken Tenders
Romaine Salad with
School-Made Ranch
Sweet Diced Peach Cup
Choice of Milk

PACK HACK:

Properly cooked al dente (firm to the bite) and cooled correctly, your noodles can be cooked up to 2 days in advance.



Menu 19



Open-Ended Turkey and
Cheddar Roll-up or Build-Your-Own
Option
Bright Broccoli-Cranberry Salad
Orange Smiles
Choice of Milk

PACK HACK:

For Build-Your-Own option,
fold your tortilla in half before
packing or wrapping to
save space.



Menu 20



Build-Your-Own Sriracha Ranch Grilled
Chicken Wrap
Shredded Lettuce and Carrots
School-Made Sriracha Ranch
Frosty Strawberries & Bananas
Choice of Milk



Menu 21



Build-Your-Own Ham, Turkey,
and Cheddar Sliders
Creamy Roasted Red Potato Salad
Captain America Fruit Cup
Choice of Milk



Menu 22



Protein Pack with Eggs & Ham
Crusty Bagel
Sweet Cherry Tomatoes + Baby Carrots
Fresh Tropical Banana
Choice of Milk



Menu 23



Your School's Favorite Wrap
Creamy Pasta Salad
Sweet Peppers and Tomatoes +
School-Made Ranch Dressing
Frosty Peach Cup
Choice of Milk



Menu 24



Peanut Butter and Jelly Sandwich
Cheesy Mozzarella Stick
Crunchy Carrot Sticks
Granny Smith Apple Wedges
Choice of Milk



Menu 25



Make-Your-Own Peanut Butter and Jelly
Cheesy Mozzarella Stick
Crunchy Carrot Sticks
Granny Smith Apple Wedges
Choice of Milk



Menu 26



Make-Your-Own Pepperoni Pizza
Roll-Up Box
Fresh Green Bell Pepper Strips +
Cherry Tomatoes
Tropical Pineapple Cup
Choice of Milk



Menu 27



BBQ Tuna Sandwich
Crunchy Coleslaw
Fresh Red Grapes
Choice of Milk



Menu 28



Hummus + Cheese + Pita = Tasty Trio
Crunchy Cucumbers
Fresh Seedless Grapes
Choice of Milk



Menu 29



Taco Tuesday Shredded Chicken Dip
Crunchy Tortilla Chips
Fresh Pico de Gallo
The Finest Carolina Caviar
Pineapple Cup
Choice of Milk



Menu 30



Tangy Tuna Poke Bowl
Flatbread Triangles
Fresh Seedless Grapes
Choice of Milk

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

**mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
fax: (202) 690-7442; or
email: program.intake@usda.gov**

This institution is an equal opportunity provider.