



VERENA VANCIL, FOOD SERVICE SPECIALIST ALACHUA COUNTY - FSNA REGION 2





BACKGROUND

The National School Lunch Program (NSLP) meal patterns for grades K-12 require a daily serving of the vegetable component and weekly servings of five vegetable subgroups, namely, dark green, red-orange, beans-peas, starchy, and "other".







THE CHALLENGE



GRABN' GO LINES

These are a student's favorite! Our district has Grab n' Go lines in middle and high schools, plus one elementary. Grab n' Go offerings are widely popular.

HOT VEGETABLE CHOICES

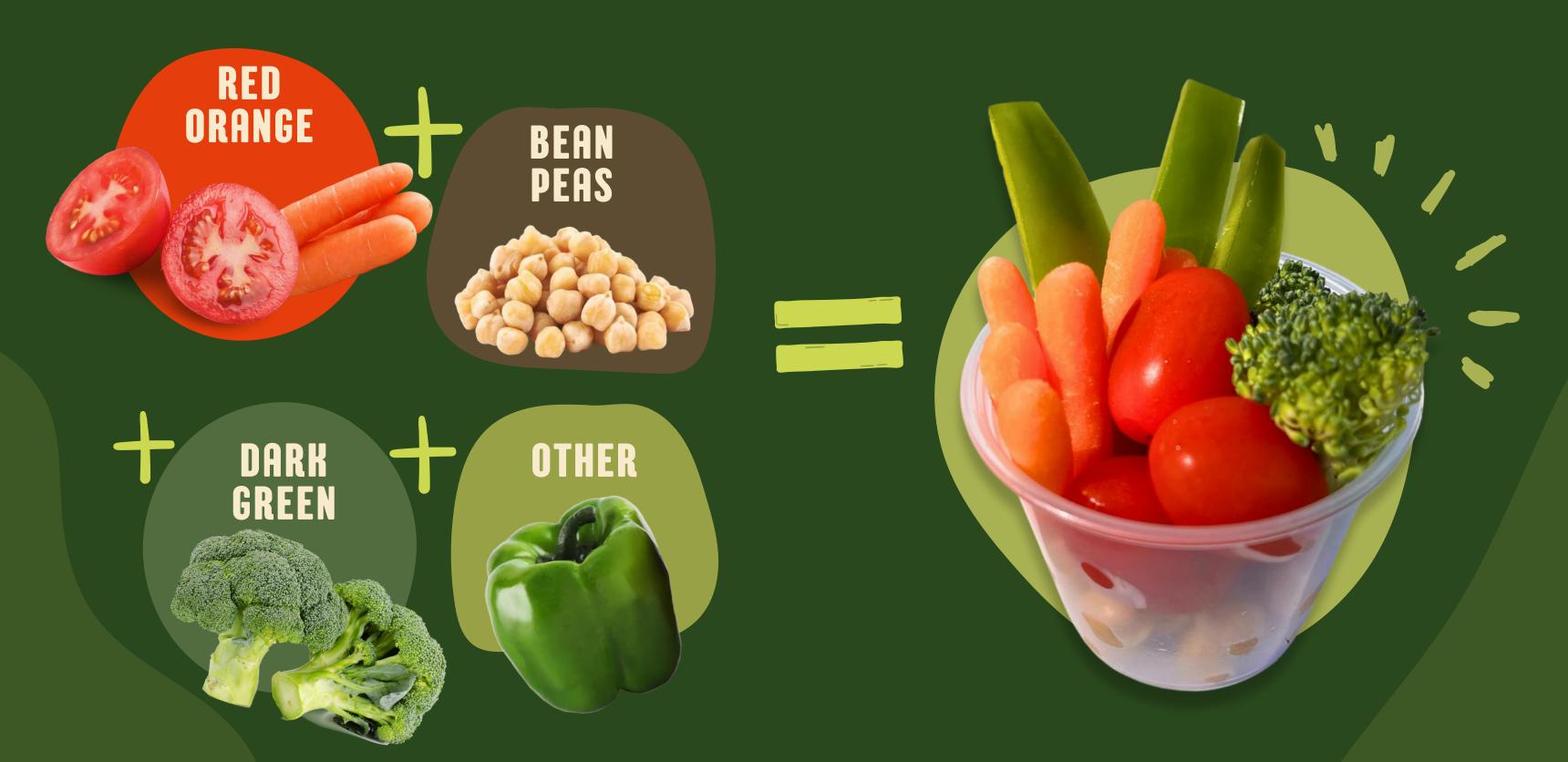
Most hot vegetable recipes are not suitable for the Grab n' Go lines set up. Example, collard greens, pinto beans, etcetera.

COLD VEGETABLE CHOICES

In the past, we offered one cold vegetable subgroup per day in the Grab n' Go lines, requiring four different recipes.

THE SOLUTION &









Ingredients:

- 2 Tbsp. garbanzo beans, rinsed
- 2 Tbsp. green pepper, julienned
- 2 Tbsp. baby carrots
- 2 Tbsp. broccoli florets
- 2 Tbsp. grape tomatoes

5/8 cup total vegetable

THE SOLUTION ()



When offered 5 days per week, this recipe meets or exceeds the weekly requirement of four vegetable subgroups: dark green, red-orange, beans-peas, and "other".

The 5th subgroup, starchy, is offered daily in our Grab n' Go lines.



PLANNING SIMPLIFIED

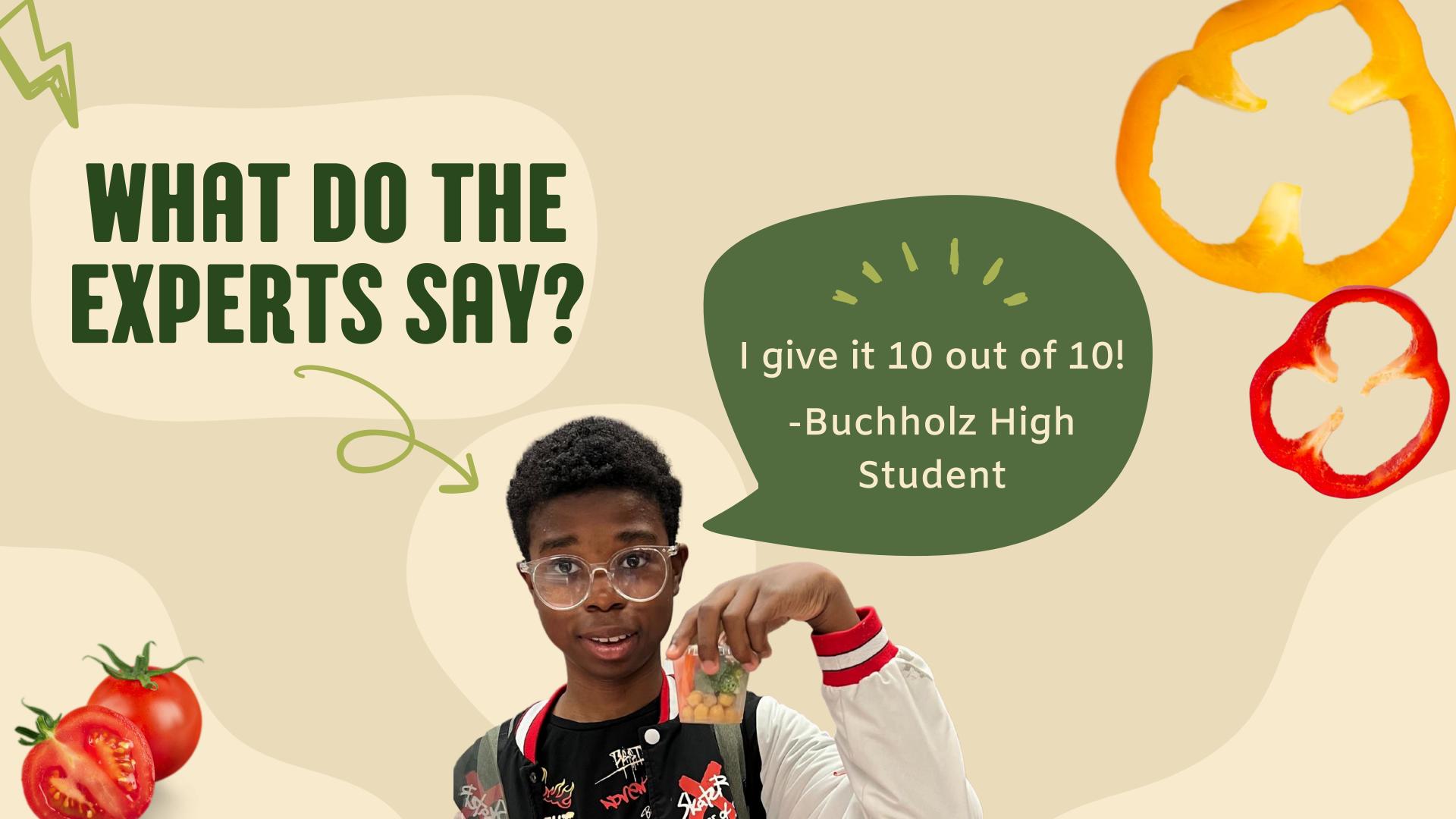
One single recipe covers four vegetable subgroups weekly requirement for simpler ordering and planning while permitting cross-utilization.

ELEVATED PRESENTATION

The Veggie Dipper Cup allows for an attractive and innovative presentation, adding a pop of color to the serving lines.

CUSTOMER SATISFACTION

Students are selecting more fresh vegetables from the Grab n' Go lines. It's a win-win!





ALACHUA COUNTY FOOD AND NUTRITION SERVICES