



Kids will always love grilled cheese sandwiches, but their more sophisticated palates mean using more than just American cheese. Add healthy, on-trend ingredients like fresh greens.

## Trends

- For college foodservice spots, it's more important than ever to have flexible hours—millennials want to eat at varied times of the day and night—and want a wide range of choices.
- Overhauling K-12 offerings with healthier, produce-centric options is helping reduce childhood obesity and nutritional awareness among the newest generation.
- The days of chicken nuggets and cardboard pizza are out; kids deserve the most nutritious ingredients in their food, so be sure to revamp menus and serve grilled options and fresh toppings when possible.
- The snacking segment continues to grow year by year—easy-to-eat, hand-held produce items should top the list of what you offer students from kindergarten through college.
- Don't be afraid to branch out; kids are much more adventurous than past generations and actively seek out new tasting experiences.
- Keep it simple: although most say they want what's cool and on-trend, it's smart to have plenty of comfort foods and well-known favorites to round out the menu.

## Suggested Pairings

- Markon First Crop (MFC) Lunch Bunch Grapes: Mildly sweet grapes pair well with crunchy nuts, leafy greens, salty meats, and all sorts of cheeses, as well as mayonnaise-based salads like chopped chicken or turkey.
- Ready-Set-Serve (RSS) Broccoli & Cauliflower Florets: Broccoli and cauliflower are being highlighted in school menus; flavor them with curry powder or spicy wing sauce...or serve with lean beef, hummus, or melted cheese.
- RSS Celery Sticks: Hand-held and easy to use with dips and spreads, celery also pairs well with cream cheese, egg salad, peanut butter, raisins, and walnuts.
- RSS Orange Juice: More than a breakfast drink! Use in smoothies along with bananas, melons, and strawberries or to flavor fruit punches.
- RSS Avocado Pure Pulp: Spread pure pulp in burritos, dips, and sandwiches. Great avocado partners include cilantro, corn chips, lime juice, lettuce, and tomatoes.
- RSS Romaine Ribbons: Romaine adds a little more flavor to nachos, tacos, and tostadas than milder varieties of lettuce. Other flavors that match up with romaine include apples, cheese, oranges, and berries.



## School Essentials

- Kale Chips
- Apple Slices
- Baked Fries
- Kebabs
- Salsa
- Asian Flavors
- Baby Carrots
- Tacos
- Flatbreads
- Guacamole
- Frozen Yogurt with Fresh Fruit



- Grilled Cheese
- Salad Choices
- Hummus
- Veggies with Dips
- Smoothies
- Burritos
- Noodle Dishes
- Lettuce Wraps



## Usage Ideas

### MFC Lunch Bunch Grapes

- Offer these pre-portioned packs in lunch boxes or as a side dish for cold-cut sandwiches and wraps
- Add a hint of sweetness to creamy mayonnaise-based salads with grapes; serve on bread or offer a carb-free option with RSS Lettuce Jammers
- Perfect for an anytime snack—just pair with cheese and whole-wheat crackers
- Freeze and drop into beverages for a fun alternative to ice cubes

### RSS Broccoli & Cauliflower Combo

- Use raw broccoli in green and pasta salads; toss with sunflower seeds, raisins, and poppy seed dressing
- Steam and serve RSS Broccoli & Cauliflower Combo with Asian-style dipping sauces like sweet and sour, sesame-soy, and ginger-garlic
- Cater to the college crowd by dropping into stir-fries and coconut milk curries
- Don't forget the classic: florets with melted cheese. Just make sure you serve low-fat versions!



### RSS Celery Sticks

- For a twist on the classic "ants on a log," serve RSS Celery Sticks with a cup of almond butter and golden raisins—kids love dipping!
- Snacking is the major trend among older students—be sure to have plenty of crunchy, healthy RSS Celery Sticks on hand so they don't resort to junk food
- Use to line sandwiches and wraps for extra crunch and mildly zesty flavor
- Twist the ends of RSS Celery Sticks with deli turkey and use to dip into hummus, salsa, or yogurt

### RSS Orange Juice

- Packed with vitamin C, glasses of this juice are ideal to get active minds going in the morning—offer on breakfast buffets and lunch trays
- Add to smoothies with other fruits such as bananas, peaches, pineapple, and strawberries; why not sneak some spinach or kale in as well?
- Serve with frozen MFC Lunch Bunch Grapes to add texture
- Add MFC Mint for the more sophisticated college crew

### RSS Avocado Pure Pulp

- Most kids adore Mexican food—mix RSS Pure Pulp with chopped MFC Tomatoes, RSS Lime Juice, salt, and ground cumin for the popular dip guacamole
- Lend extra vitamin C and healthy fats to grilled cheese and deli meat sandwiches with a slathering of avocado
- Use as a topping for Mexican standards like burritos, nachos, quesadillas, and tacos... as well as American dishes like burgers and chicken sandwiches
- Stir into mayonnaise-based salads like chopped chicken or pasta for extra creaminess

### RSS Romaine Ribbons

- Toss with colorful produce like RSS Carrot Matchsticks, sliced MFC Cucumbers, RSS Bite-Size Broccoli Florets, or MFC Tomatoes for easy-to-make side or entrée salads
- Take advantage of romaine's versatility: mix it with fruits like blueberries, diced mango, orange segments, and sliced strawberries
- Drizzle with lighter vinaigrettes and save the creamy dressings for heartier chopped romaine and iceberg



Teens want adventurous fare with a touch of home—noodles and peanut butter make this cold salad a cost-effective side.



### 5-Star Food Safety

- Every case of RSS, MFC, or ESS you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety.
- Our 5-Star Food Safety® Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens.

### Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community.



5-Star Food Safety. Addressing quality and safety at five key points.