

PLANT-BASED MEALS

MOVE BEYOND MONDAY

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DINING FOR EVERYONE

The demand for plant-based burgers and beverages, like oat milk and Beyond Meat, is predicted to have a compound annual growth rate of 6 percent through 2028. People are so hungry for vegan burgers that Beyond Meat's worth has skyrocketed to \$21 billion. The evidence is clear...Plants are here to stay.

Infusing more plant-based offerings into your menu is easy. Start small, both with menu offerings and production numbers keeping in mind program guidelines.

Offer one plant-based item at breakfast and lunch daily maybe or rotate a popular item in a few times a week. You might only have 5 on the line; its a start.

PRODUCT STARS

There are many options available now in the K-12 arena and beyond. The following is just a scratch on the plant-based product surface.

Chat with your brokers and vendors for new options. Don't forget USDA brown-box offerings, DOD fresh produce and California grown foods.

There is more production involved but lower cost can offset higher priced items

Easy Serve Items:

Arizona Gold Seasoned Bean Burrito*
Before the Butcher Plant-Meats*
California Lavash Products*
Kikkoman Pearl Organic Soy Milk*
Beyond Meat Plant-Meats
Hungry Planet Plant-Meats
Dr. Praeger's Products
Morning Star Products



RESOURCES

www.cde.ca.gov/ls/nu/he/vegmealoptions.asp

<https://www.ecoliteracy.org/>

<http://www.healthyschoolfood.com/>

<https://forwardfood.org/foodservice>

<http://www.thelunchbox.org/>

<https://www.choosemyplate.gov/>

<https://www.healthyschoolfood.org/recipes.htm>

<https://www.vrg.org/recipes/>

Contact: klhilleman@capousd.org for more information

*items used by Capistrano USD

RECIPE IDEAS

Breakfast:

Open Faced Taquito, Veggie Wrap, Sunshine Burrito, Morning Rice Bowl w/ Roasted Veggies, Chili w/ Spinach & Pita

Lunch:

Taco Salad, Veggie Rice Bowl, Asian Quinoa Salad, Italian Pasta, Hummus Wrap, Riced Cauli w/ Pita

