# PLANT-BASED MEALS MOWE 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

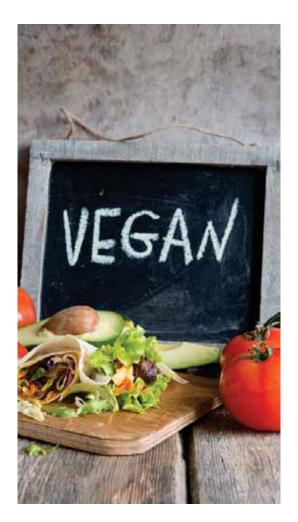
There are many options available now in the K-12 arena and beyond. The following is just a scratch on the plantbased product surface.

Chat with your brokers and vendors for new options. Don't forget USDA brownbox 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/vegmealopt ionscnp.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

