CLIMATE-FRIENDLY PLANT-BASED RECIPES FOR SCHOOLS

Inspired by California School Districts
Featuring Delicious, Culturally Diverse Meals Students Enjoy



ACKNOWLEDGEMENTS

We extend our heartfelt thanks to the K-12 school nutrition service teams in California who generously shared their plant-based recipes, inspiring this booklet and shining a bright light on the diverse array of popular healthy, climate-friendly school meals. Your collaboration and creativity have been invaluable, and we are grateful for your partnership in this important work. Participating school districts include:

- Banta ESD
- Campbell UHSD
- Del Norte USD
- Dublin USD
- Elk Grove USD
- Escondido UESD
- Long Beach USD
- Los Gatos USD
- Magnolia School District
- Monterey Peninsula USD

- Morgan Hill USD
- Mt. Diablo USD
- Napa Valley USD
- Oxnard UHSD
- Palo Alto USD
- Paso Robles USD
- Rio ESD
- San Francisco USD
- San Luis Coastal USD
- San Rafael USD

- Santa Ana USD
- Santa Barbara USD
- Tahoe Truckee USD
- Sweetwater UHSD
- Upland USD
- Vacaville USD
- Walnut Creek ESD
- Western Placer USD
- West Covina USD

We are deeply grateful to the organizations who generously shared their recipes for this project. Your contributions have enriched this recipe booklet and reflect a shared commitment to promoting healthy, climate-friendly plant-forward meals. These include:

- Forward Food, K-12 Recipes
- Chef Ann Foundation, <u>The Lunch Box</u>
- One Meal a Day for the Planet, School Lunch Recipe Book
- California Department of Education, Standardized Recipes

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INTRODUCTION

Welcome to our **Plant-Based School Food Recipe Resource**, a collection of recipes generated by K-12 school districts from across California as well as NGO partners.
This resource showcases the creativity and dedication of school nutrition professionals who are committed to providing **delicious**, **nutritious**, **and sustainable plant-based meals** for students.

The recipes in this collection have been **tested** and enjoyed in real school cafeterias, proving that plant-based meals can be both popular with students and beneficial for the planet. By sharing these recipes, school districts aim to inspire others to incorporate more plant-based options that foster healthier eating habits while contributing to a sustainable future.

We are thrilled to share this resource with K-12 schools and hope it becomes a valuable tool for creating healthier, more inclusive meal programs. Together, we can nourish our children with meals that benefit both their well-being and the planet.



For Equity:

Ensuring consistent access to plant-based options helps accommodate students who are following plant-based diets for religious, health, philosophical or other reasons. A recent Chartwells poll found that 37% of students said they would eat school lunch more often if there were more vegetarian and vegan choices. People of Color are three times more likely to follow a plant-based diet than white people, so providing plant-based options is especially important for racial equity.¹



For Health:

Leading public health organizations all encourage fiber-rich, plant-forward diets, which are associated with lower rates of cancer, diabetes, heart disease and obesity. Expanding plant-based options would foster greater alignment with the Dietary Guidelines for Americans², which recommend increasing consumption of beans, peas and lentils; increasing dietary fiber (which comes from plants); and replacing processed meats (e.g., hot dogs, sausages and bacon) with plant-based proteins.



For Dietary Needs:

Providing dairy-free entrées better meets the dietary needs of a wide variety of students. According to the National Institutes of Health, 95% of Asian Americans, 60 to 80% of African Americans, 80 to 100% of American Indians, and 50 to 80% of Hispanic people are unable to process lactose.³



For Climate:

This generation's students are bringing their climate activism to the cafeteria. Reams of scientific studies^{4,5,6} show that industrial animal agriculture plays a major role in driving climate change and that plant-rich diets are a highly effective way to reduce our impact on the planet.

IMPORTANT NOTES FOR RECIPE USERS

Ensuring that school meals are both nutritious and appealing is a top priority for school nutrition service staff. This recipe book provides a variety of flavorful, climate-friendly options designed to support healthy eating in K-12 schools. However, successful implementation of these recipes requires careful attention to key details, including nutrient analysis, ingredient substitutions, allergen awareness, and student preferences.

The following Important Notes for Recipe Users highlight essential considerations to help you adapt these recipes effectively while meeting nutritional standards and student needs. By keeping these guidelines in mind, you can confidently prepare meals that are both safe and satisfying for all students.



Nutrient Analysis:

The nutrient analysis provided was verified using the USDA Food Buying Guide but should be cross-checked with your nutrient analysis software for accuracy. Nutritional values may vary when substituting ingredients or using different brands. Always recalculate nutrition information using a reliable food analysis tool to ensure accuracy, and properly credit meal components within your nutrient analysis software to maintain compliance with meal pattern requirements.



Allergen Awareness:

Carefully review all ingredients for potential allergens. This is especially important for students with food allergies or sensitivities.



Mushroom Aversion:

While mushrooms are not a common allergen, some students may have an aversion to them. Provide alternative vegetable options when needed.



Spice Considerations:

Review the spice list for potential allergens or animal-derived ingredients. Some spice blends may contain hidden ingredients that could trigger allergic reactions. Check with your supplier for allergen information or consider alternative spices when necessary.



Tofu Selection:

For best results, use firm or extra-firm tofu in these recipes.

RECIPE COMPLEXITY RATING SCALE

To help staff efficiently plan and prepare meals, each recipe includes a recipe rating scale that provides a clear and concise way to assess the complexity of preparation. This scale helps users choose recipes that align with their skill level, available time, and kitchen resources.

- Heat and Serve: Requires minimal effort beyond heating or assembling pre-made components. Examples: Frozen meals, packaged mixes with simple additions.
- **Easy:** Simple instructions, minimal prep work, and readily available ingredients. Examples: Stir-fries, pasta dishes with simple sauces, one-pot meals.
- Moderate: Some prep work involved (chopping, marinating, etc.) and may require some cooking techniques. Examples: Roasting vegetables, sautéing.
- **Scratch-Made:** Requires more advanced cooking skills, precise measurements, and potentially multiple steps. Examples: Cooking from scratch, preparing complex sauces.
- **Scratch-Made, Multiple Components:** Highly demanding, requiring specialized techniques, intricate preparations, and potentially long cooking times. Examples: Elaborate ingredients, labor intensive.



 Disclaimer: This resource serves as general guidance and does not constitute professional dietary advice. These notes are intended to highlight key considerations when using this recipe book. Please review all ingredients carefully and follow proper procedures to ensure the safe and successful preparation of these recipes.



DAN DAN NOODLES WITH EDAMAME AND BROCCOLI



Micha James, Director of Nutrition Services, Monterey Peninsula USD

This recipe incorporates both frozen edamame and frozen broccoli when fresh veggies are not available. Students of all ages love the eclectic mix of spices and flavors that bring the dish together.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 50

Allergens:









Sesame

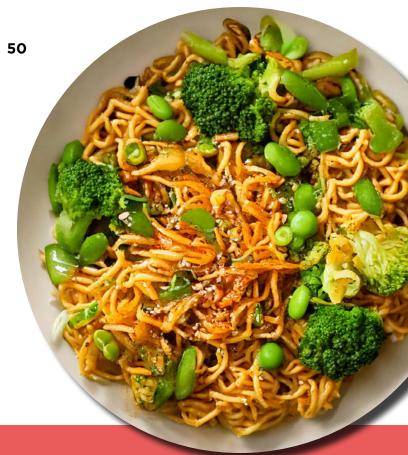
Nuts

Wheat

Soy

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (leafy green - broccoli)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



DAN DAN NOODLES WITH EDAMAME AND BROCCOLI

Ingredients	Servings	Instructions	
Noodles, Ramen (e.g. Chefs Corner)	6 lb 4 oz	Preparation (Elementary and Middle)	
		 Defrost noodles 2 full days prior to production. Defrost broccoli and trim where needed. Prepare sauce: In a large bowl, whisk together almond butter, brown sugar, soy sauce, sesame oil, 	
Whole Edamame, Frozen	14 lb 8 oz	garlic, and crushed red chili flakes until sugar is dissolved.	
		 Cook edamame by blanching in the kettle. Bring water to a full boil and cook edamame 6-8 minutes. Drain, drizzle with lemon juice, and toss. Chill and hold cold until assembly. 	
Lemon Juice, Bottled, Real Lemon	2 oz	Assembly	
Real Ecinon		Using large 10 oz. anchor bowls , layer the following:	
Broccoli Florets, Frozen	7 lb	o 1 cup (2 ounces) ramen noodles	
Nuite Almenial Dutton		o 1/2 cup (#8 scoop) broccoli to one side of bowl	
Nuts, Almond Butter, Plain, w/ Salt Added	1 qt	• 4.64 ounces (1/2 cup cooked and drained) edamame to other side	
. ,		 1/3 cup prepared sauce (#12 scoop) over top 1 tablespoon scallions 	
Sugar, Light Brown	1 pt. unpacked	 Seal and hold cold until ready for service. To heat: heat in an oven no hotter than 225 degrees until 	
	ипраскей	internal temperature reaches 145 degrees, approximately 20 minutes. Check often for doneness ar	
Soy Sauce,	2 qt 1/2 cup	do not overcook.	
Low Sodium	.,	Preparation (High School)	
Oil, Sesame Seed	1 cup	 Defrost noodles 2 full days prior to production. Defrost broccoli and trim where needed. Prepare sauce: in a large bowl, whisk together almond butter, brown sugar, soy sauce, sesame oil, 	
	1	garlic, and crushed red chili flakes until sugar is dissolved and sauce is well emulsified.	
Spice, Garlic, Powder	1/2 cup	• Edamame, broccoli, and noodles can all be cooked by blanching in boiling water: Bring a large	
Spice, Pepper, Red or	1/4 cup	pot of water (or the kettle) to a boil. Cook edamame for about 6-8 minutes and remove with a spider spoon or strainer, leaving behind the boiling water in the pot. Add to a steam pan, sprinkle	
Cayenne	i/4 cup	lemon juice over, and toss. Hold in warmer. Add broccoli to same pot boiling water and blanch for 5 minutes. Remove, add to sesame pan, and hold in the warmer. Lastly, add noodles to boiling water	
Onions, Spring or		and cook approximately 5 minutes. Drain completely, add to steam pan, and hold in the warmer.	
Scallions, Chopped	1 pt 1 cup	Assembly	
(including top and bulb)		 Using large 10 oz. anchor bowls, layer the following: 	
		o 1 cup (2 ounces) ramen noodles	
		o 1/2 cup (#8 scoop) broccoli to one side of bowl	
		 4.64 ounces (1/2 cup cooked and drained) edamame to other side 	

o 1 tablespoon scallions

∘ 1/3 cup prepared sauce (#12 scoop) over top

SINGAPORE CURRY NOODLES WITH PLANT-BASED NUGGETS



Jennifer LeBarre, Executive Director of Student Nutrition, San Francisco USD

The bold Asian curry flavors in this noodle bowl make this dish a popular choice for students at San Francisco Unified. You can use any plant-based nuggets your students enjoy in this delicious spicy entrée.

Complexity Rating: 2

0

Prep Model: Full Prep

Servings: 80 (Middle School) 40 (High School)

Allergens:





Sesame

Soy (possible depending on brand of nuggets used)

Meal Component: 2 MA, 2 Grain (HS), 1.5 MA, 1.35 Grain (MS), 1/4 c. Veg

(other - bell peppers, onions, and bean sprouts)

Equipment: Scale; Large Stainless-Steel Bowls



SINGAPORE CURRY NOODLES WITH PLANT-BASED NUGGETS

Ingredients	Servings
Pre-Preparation	
Rice Stick Noodles	6, 8 oz Bags
Bell Pepper & Onion Blend (diced)	14 cups
Bean Sprouts	3 bags
Plant-Based Nuggets	6 #2 bags
Green Onions, garnish	To taste
Curry Sauce	
Spice, Curry, Powder	4 tbsp
Spice, Turmeric, Powder	4 tbsp
Spice, Garlic, Powder	4 tbsp
Oil, Sesame	4 tbsp
Salt	4 tbsp
Spice, Black, Pepper	4 tbsp
Soy Sauce, Tamari	4 tbsp
Sugar Brown	4 tbsp
Oil, Blend	1/2 cup
Lime, Juice	4 tbsp

Pre-Preparation

Instructions

- Soak rice noodles in cool water for 15 minutes and drain.
- Preheat the oven to 350°F. Place Plant-Based nuggets on a sheet pan lined with parchment paper.
- Bake for 10-15 minutes, until the internal temperature reaches 165°F or above for 10 seconds.

Curry Sauce

- Prepare all ingredients to make curry sauce. Mix curry powder, turmeric, garlic powder, sesame oil, salt, pepper, soy sauce, sugar, oil, and lime juice.
- Mix bell pepper and onions and roast on a sheet pan for 10-15 minutes.
- Mix bean sprouts in with bell pepper and onions.

Assembly for High School

- Scoop 8 oz. (1 Cup) prepared rice noodles, 1/4 cup bell pepper/onion/bean sprout mixture, and 1/8 cup curry sauce.
- Toss well until rice noodles are coated with sauce and vegetables.
- Add 4 Nuggets.
- · Garnish with green onions.

Assembly for Middle School

- Scoop 4 oz. (1/2 Cup) prepared rice noodles, 1/4 cup bell pepper/onion/bean sprout mixture, and 1/8 cup curry sauce.
- Toss well until rice noodles are coated with sauce and vegetables.
- Add 3 Nuggets.
- Garnish with green onions.

SOBA NOODLE VEGGIE BOWL



Kat Soltanmorad, Director of Nutrition Services, Tahoe Truckee USD

Loaded with vibrant, fresh vegetables from a local food hub, this noodle bowl is a favorite among Tahoe Truckee USD students, especially when paired with spicy sriracha sauce. Check out additional vegetable suggestions to meet the vegetable subgroup requirement and enhance the dish's nutritional impact!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:





Sov

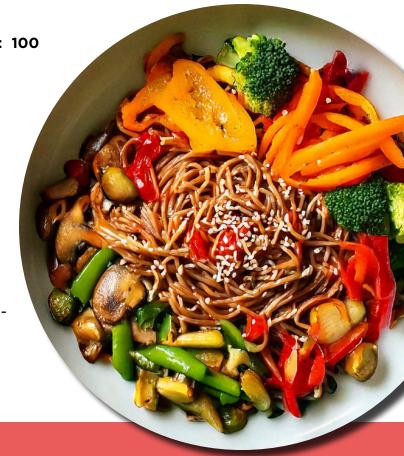
Wheat

Meal Component: 2 MA (tofu and edamame), 2 Grain, 1/4 c. Veg

(red/orange - red pepper), 1/4 c. Veg (leafy green -

broccoli), 1/4 c. Veg (other - mushrooms)

Equipment: Blender/Immersion Blender, Tilt Skillet or Kettle



Ingredients	Servings
Sauce, Soy	3 cups
Base Soup, Vegetarian No MSG	1 cup
Vinegar, Seasoned Rice	1 cup
Sauce, Sriracha	4 oz
Sugar, Brown Light	1 1/2 cup
Noodles, Soba	2 1/2 case
Tofu, Extra Firm	12 1/2 lb
Oil, Vegetable	1 1/2 cup
Mushrooms, Fresh, Sliced, ready-to-use	6 1/2 lb
Broccoli, Fresh, trimmed, chopped	18 lb
Pepper, Red Whole, diced	12 lb
Edamame, Shelled, Frozen	4 1/2 lb
Garlic, Whole, Peeled	50 cloves

Preparation

Instructions

- Whisk soy sauce, vegetable broth, rice vinegar, sriracha, and brown sugar in a bowl. This is the sauce.
- Cook soba noodles according to package. Drain and rinse.
- Heat oil in large tilt skillet, kettle OR oven over medium high heat.
- Add mushrooms and brown, add broccoli and cook for 3-4 minutes.
- Add bell peppers and edamame and cook another 1-2 minutes.
- Add garlic, sauce and soba noodles to pan. Toss to coat and cook for 1 min.

Assembly

- Measure out 1 cup to serve.
- Serve Immediately

TOFU JAPCHAE



Jennifer LeBarre, Executive Director of Student Nutrition, San Francisco USD

This Asian Silken Noodle Bowl is a student favorite at San Francisco Unified, created in response to secondary students' requests. The district enhances this alluring entrée with seasonal shredded purple cabbage and bright organic carrots from local farmers in Marin County, adding both color and freshness.

Complexity Rating: 2

0

Prep Model: Full Prep

4

Servings: 64 (Middle School) 32 (High School)

Allergens:





Sesame

Soy

Meal Component: 2.25 MA, 1 Grain, 1/4 c. Veg (Red/Orange), 1/4 c. Veg

(other) HS: 2.25 MA, 2 Grain, 1/2 c. Veg (red/orange), 1/2

c. Veg (other)

Equipment: Scale; Large Stainless-Steel Bowls



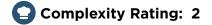
		TOFU JAPCHA
Ingredients	Servings	Instructions
Rice Stick Noodles	8 bags (8oz)	Preparation
Vegetable Mix		 Soak rice noodles in cool water for 15 minutes and drain. Preheat the oven to 350°F.
Spinach, Fresh, cleaned, dried	8 cups	 Place tofu on a sheet pan lined with parchment paper. Season with salt and pepper. Bake for 10-15 minutes. Prepare all ingredients to make the japchae sauce.
Bell Pepper/ Onion Mix (diced)	16 cups (8 cups bell pepper/8 cups onion)	 Mix japchae sauce with cooked rice noodles. Place vegetable mix (bell pepper/onion) with seasons on a sheet pan lined with parchment paper.
Carrots, Shredded, ready-to-use	16 cups	 Place carrots and spinach with season on a sheet pan lined with parchment paper. Bake for 15 minutes. Assembly (Middle School)
Oil	1/2 cup	• Scoop 4 oz of rice noodle and 1/2 oz sauce, mix.
Salt	4 tsp	• 5 oz scoop tofu. • 1/4 cup pepper and onion mix.
Pepper	2 tbsp 2 tsp	• 1/4 cup carrots. Assembly (High School)
Japchae Sauce		Scoop 8 oz of rice noodle mixture and add 1 oz. sauce, mix.
Soy Sauce	2 cup	5 oz scoop tofu.1/2 cup pepper and onion mix.
Oil, Sesame	2/3 cup	• 1/2 cup carrots.
Sugar, Brown	1 cup	
Sesame Seeds	2 tbsp	
Garlic, Minced	2 tbsp	
Spice, Pepper	2 tbsp	
Tofu		
Tofu, Firm	14, 14 oz packs (MS) 9, 14 oz packs (HS)	
Salt	4 tbsp	
Spice, Pepper	4 tbsp	

TOFU TERIYAKI NOODLE BOWL



Alva Spence, Director of Nutrition Services, Palo Alto USD

The district suggests adding fresh pineapple or local oranges for a bold burst of flavor! For the best texture, use firm or extra-firm tofu—it holds up perfectly alongside the vibrant vegetables sourced through Palo Alto USD's Ag-Link.





Prep Model: Full Prep



Servings: 40

Allergens:





Wheat

Sov

Meal Component: 2 MA, 2 Grain, 1/8 c. Veg (red/orange - red cabbage), 1/8

c. Veg (other - green onion, green beans)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



Ingredients	Servings
Noodles, Yaki Soba Whole Grain	7 lb
Cornstarch	10 tbsp
Sauce, Soy, Reduced Sodium	3 1/3 cup
Sugar, Brown, Packed	2 1/2 cup
Garlic, Cloves, Minced	30 cloves
Cabbage, Red, Shredded	2 1/2 lb
Ginger, Fresh, Grated	10 tbsp
Pepper, Bell, Red, Green, and Yellow, Thinly Sliced	10 whole peppers
Honey	20 tbsp
Broccoli, Fresh, trimmed, chopped	18 lb
Pepper, Red Whole, diced	12 lb
Carrot, Fresh (sliced/ shredded/julienned)	10 each
Tofu, Firm, 1" Cubes	10 lb
Green, Beans, Fresh, Blanched	2 1/2 lb
Oil, Olive	10 tbsp
Onion, Green, Thinly Sliced	10 count

Preparation

Instructions

- In a large pot of boiling water, add Yaki-Soba until rethermed 1-2 minutes, drain.
- In a separate bowl whisk cornstarch and 1/4 cup water, set aside.
- In sauce pan over medium heat, add soy sauce, brown sugar, garlic, ginger, honey (or alternative). Heat until warm, simmering.
- Stir in corn starch mixture until thick. Let cool. Set aside and cool or use immediately.
- Drain tofu, cut into cubes, toss with salt/pepper.
- Heat olive oil over medium heat, add tofu and cook until golden brown and cook through, set aside.

Assembly

- Layer Items in serving bowl as follows:
 - o 1 c. Yaki Soba noodles
 - ∘ 1/8 c. red cabbage
 - ∘ 1/2 c. tofu
 - o 1/4 c. green beans
 - Garnish with bell peppers, carrots, green onion and any reserved mixture. (Not credited due to lack of weight measurement)



TOFU VEGETABLE PHO



Alva Spence, Director of Nutrition Services, Palo Alto USD

Created by Palo Alto USD's Nutrition Services Director, Alva Spence, in response to student demand, this entrée is a surefire hit with both vegan and non-vegan students! Customize the vegetables to fit your needs—Alva enjoys mixing it up with seasonal picks from her local Ag-Link, bringing fresh, organic options to every serving.





Prep Model: Full Prep



Servings: 48

Allergens:



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - cilantro, cabbage,

bok choy), 1/4 c. Veg (starchy - baby corn), 1/4 c. Veg

(other - zucchini, yellow squash)

Equipment: China Cap, Cheese Cloth; Grill or Grill Pan



Ingredients	Servings
Vegetable Stock	4 1/2 gal
Onions, Yellow, Unpeeled	12 count
Ginger, Fresh, Unpeeled	8 oz
Spice, Coriander, Seeds, toasted for 1 minute	12 tbsp
Cilantro, Stems, Fresh	6 bunches
Cloves, Whole	2 bulbs
Sugar	12 tbsp
Squash, Yellow, Julienned	8 count
Zucchini, Julienned	8 count
Cabbage, Julienned	2 count
Baby Corn	4 cans
Baby Bok Choy, Julienned	8 count
Salt	To taste
Spice, Black, Pepper	To taste
Tofu, Extra Firm, Seasoned	6 lb
Noodles, Rice, Cooked	12 lb

Preparation

Instructions

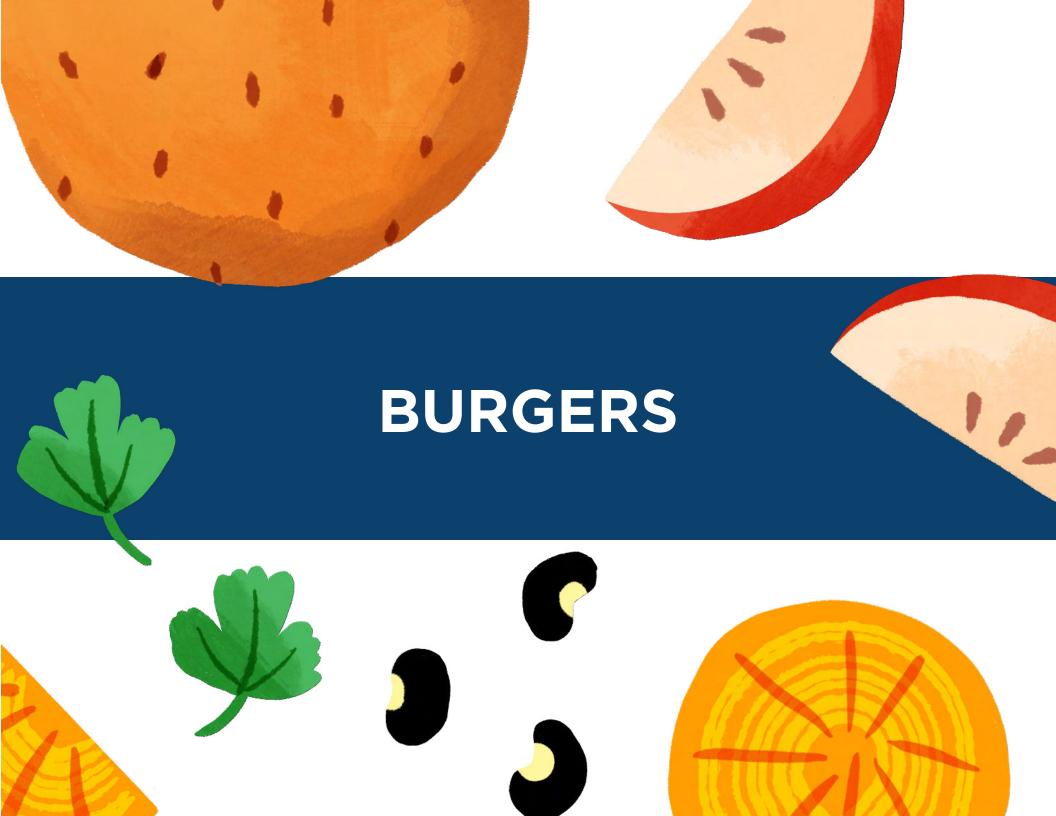
- Char the onions and ginger over a low open flame or in oven until blackened and slightly soft. The longer they roast over flame the deeper the flavor will be, try for 10 minutes.
- Scrape off black bits and skins under warm running water. Slice in half.
- Place in a large stock pot and add the vegetable broth and seasonings.
- Bring to a simmer and cook for 30 minutes.
- Allow the broth to rest for 5 minutes before straining through cheese cloth in a China cap.
- Adjust seasonings as desired.
- · Hold hot for service.
- · Grill tofu. Hold hot for service.
- Cook noodles according to manufacture directions, cool, and oil. Reheat as needed for service.
- Roast vegetables until just tender, place in 2" half long pan and place in the food warmer.

Assembly (1 serving)

- Ladle 6oz of broth into large bowl with 4.40 oz Tofu and 3/4 cup of noodles.
- Provide vegetable garnishes separately with a 1/4 cup scoop.
- Let the student top as desired.

For Large Scale Batches:

- Prepare stock, cool and bag for transport.
- Prepare vegetable, mix and bag for transport (cook on site).
- Tofu and noodles transport and cooked on site.
- Assemble as noted above for service with garnish for quick service or on produce bar for self-service.





BLACK BEAN BURGER



Brendan Shields, Director of Food Services, Magnolia School District

Magnolia School District's Nutrition Director, Brendan Shields, has been serving up this crowdpleasing scratch-made black bean burger to K-8 students. With a mix of fresh local veggies, black beans, and corn, this flavorful entrée is a hit with students. Every one of the district's nine school sites boasts a fully equipped scratch kitchen to prepare these delicious meals from scratch!





Prep Model: Full Prep



Servings: 48

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (starchy - corn)

Equipment: Tilt skillet or griddle for searing would expedite the process,

Food Procesor



Ingredients	Servings
Black Beans, Low Sodium	6 lb
Corn, Frozen (e.g. USDA)	3 lb
Bread Crumbs	12 oz
Salt	1 1/2 tsp
Pepper, Black	1 1/2 tsp
Hamburger, Bun	48 count

Preparation

Instructions

- Roast Corn in the oven for approximately 15 minutes at 400 degrees. Place in refrigerator to cool.
 - o If there are other fresh vegetables on hand, reduce the corn and roast the vegetables e.g., potatoes, spinach, and bell peppers.
- Drain black beans, reserve some liquid.
- Combine corn, black beans, bread crumbs, salt and pepper in a food processor and gently pulse.
 DO NOT PULVERIZE!
 - o If the mixture appears to be to dry when blending, add a little water with some liquid from the black beans.
 - o If the mixture is dry, add some cooked brown rice. Not in the food processor, but folded into the processed mixture.
- Form 48 balls on sheet pans, cover with parchment paper and press down evenly with an additional sheet pan to create patties.
- These patties can be frozen for use on a later date or cooked immediately.
- When ready to prepare, sear patties on both sides in a smoking hot pan with a little olive oil or vegetable oil.
- Finish in the oven at 375 degrees until the internal temperature is 165 degrees. Approximately 10-15 minutes.

THAI BASIL LENTIL BURGER



Erin Primer, Director of Nutrition Services, San Luis Coastal USD

The Thai Basil Lentil Burger is a flavor-packed dish that perfectly balances sweet and savory notes. Made with local, organic lentils, topped with fresh, house-made coleslaw, and served on a locally baked bun, this dish has become a student favorite! To learn more about the creation of this dish from San Luis Coastal's Director of Nutrition Services, Erin Primer, click here.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 102

Allergens:





Wheat

Soy

Meal Component: 1.5 MA, 2 Grain, 1/4 c. Veg (other - cabbage),

Trace Fruit (apple)



THAI BASIL LENTIL BURGER

Ingredients	Servings	
Lentil Burger Patty (102 servings)		
Lentils, Mature Seeds, Cooked, w/o Salt	3 gal 3 cup	
Potato, Sweet, Raw, Unprepared	13 lb	
Spice, Onion, Powder	6 tbsp	
Spice, Garlic, Powder	6 tbsp	
Spice, Ginger, Ground	6 tbsp	
Spice, Curry, Powder	17 oz	
Basil, Chopped, Fresh	8 cups	
Cilantro, Chopped, Fresh	8 cups	

17 oz
3 oz
1 gal 1 cup
1 tbsp
10 lb 8 oz
6 cups
1 cup 3 1/2 tbsp
1 cup 2 tbsp

Lemon Juice, Raw	2 tbsp 3 tsp
Sauce, RTS, Pepper or Hot (e.g. Tapatio)	6 tbsp
Apples, Granny Smith, Skin, Fresh, 3' diameter	20 medi- um
Cilantro, Leaves, Raw	1 cup
Spice, Smoked Paprika	4 tbsp
Pepper, Black, Ground	2 tbsp
Assembly	
Bun, Hamburger, Whole Wheat	102 count

^{*}Plant-Based Mayo is used to accommodate students who follow a vegan diet.

Instructions

Burger Recipe

- Mash already cooked lentils until they are the consistency of mashed potatoes. Set aside.
- Wash and peel sweet potatoes, cut and boil/steam until tender. Mash and set aside to cool.
- Combine cooked, mashed red lentils, mashed sweet potato, seasoning mixture.
- Add soy sauce, lime juice, and rolled oats.
- Lay out parchment lined sheet pans, spray to prevent sticking. For a full-sized patty use a #8 scoop and place on parchment lined sheet pans, top with parchment paper and place a second sheet pan on top, press down to form patties.
- Bake at 400°F for about 10 minutes, flip and bake another 3-5 minutes until crispy. If making for later use just form and then freeze.

Apple Slaw Recipe

- Rinse cilantro and apples.
- · Remove stems from cilantro.
- Chop apples and cilantro. Can use a buffalo chopper or Robo Coup (pulse to chop not pulverize).
- Whisk together lemon juice, salt, vinegar, honey, smoked paprika, Tapatio, and mix well with mayo.
- Add mayo mixture to chopped apples, cilantro, and coleslaw/cabbage mix in a large stainless steel bowl or hotel pan.

Assembly

- Heat lentil burger patty to 165°F or greater in a 400°F oven. Cooking time varies from 15 minutes for refrigerated patty to 20 minutes for frozen patty.
- Place heated Thai Lentil Patty on bun.
- Top with 1/3 cup apple slaw mix.

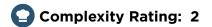


THREE BEAN CHILI WITH SOY CHORIZO



Anna Scimone, Director of Nutrition Services, Escondido Union ESD

Perfect for winter weather, this chili is rich with added plant-based chorizo or crumbles to give it depth of flavor. Serve it with a warm, crusty roll or breadstick, salad bar selections, and fresh, local fruit to round out the meal. You can use either canned beans or organic dried beans for this mouth-watering entree.





Prep Model: Full Prep



Servings: 100

Allergens:



Soy

Meal Component: 2 MA, 2 Grain (chili is premade, so no vegetable indicators)

Equipment: Kettle or Tilt Skillet



THREE BEAN CHILI WITH SOY CHORIZO

Ingredients	Servings
Beans, Pinto	4, #10 cans
Beans, Black, Washed, Drained	2, #10 cans
Garbanzo Beans	2, #10 cans
Onions, Diced	1.5 lbs
Peppers, Green Chili, Diced	2 cups
Tomatoes, Diced, Drained	6 cups
Vegetable Base	8 tbsp
Spice, Chili, Powder	2 tbsp
Tomato, Paste	3/4 cups
Pepper, White	2 tbsp
Spice, Cumin	4 tbsp
Salt	2.5 tbsp
Corn, Frozen	2 lb
Plant-Based Crumble or Plant-Based Chorizo	5 lb
Tortilla, Strips, Tri- Color	100 1/2oz serving bags

Preparation

Instructions

- Prepare ingredients. Sauté onions and peppers until soft.
- Assemble remaining ingredients (minus the plant-based crumble) with sauteed vegetables in Kettle or Tilt Skillet.
- Cook for 1-2 hours.
- When product has reached 145°F place it in 200 pans and hold for service.
- If transporting cool and reheat on site (adding plant-based crumble) until internal temperature reaches 165°. When ready to prepare, sear patties on both sides in a smoking hot pan with a little olive oil or vegetable oil.

Assembly (1 serving)

- Place 8oz of Three Bean Chili with Soy Chorizo in a bowl.
- Serve with 2 oz. of tortilla chips.

SWEET POTATO BLACK BEAN CHIMICHURRI BOWL



Erin Primer, Director of Nutrition Services, San Luis Coastal USD

San Luis Coastal USD's Director of Nutrition Services, Erin Primer, created this tasty bowl to highlight the perfect combination of sweet potatoes and black beans. The spicy chimichurri sauce adds a kick to the recipe that's popular with secondary students.





Prep Model: Full Prep



Servings: 60



Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (red/orange - sweet potato)



SWEET POTATO BLACK BEAN CHIMICHURRI BOWL

Ingredients	Servings	
Sweet Potato Chimichurri Bowl (60)		
Sweet Potato Vegetable Mixture		
Sweet Potato Chunk	7.5 lb	
Pepper Onion Blend	5 lb	
Beans, Black, Canned, Drained	18 lb 12 oz	
Spice, Cumin, Ground	2 1/2 tbsp	
Pepper, Black, Ground	1/4 cup 3 tbsp	
Oil, Vegetable, Canola	3 3/4 cup	
Water, Tap	11/4 cup	

Spice, Garlic, Powder	1/4 cup 1 tbsp	
Chimichurri Sauce		
Parsley, Raw, Chopped	7 1/2 cup	
Cilantro, Leaves, Raw	5 cup	
Garlic, Raw, Minced	1/2 cup 2 tbsp	
Salt, Table	11/4 tsp	
Vinegar, Red Wine	11/4 cup	
Oil, Olive, Salad or Cooking	2 1/2 cup	
Pepper, Red or Cayenne	2/3 tbsp	
Cilantro Lime Rice		

Rice, Brown, Long Grain, Regular, Dry	7 1/2 lb	
Water	6 1/2 qt 3.2 oz	
Oil, Vegetable	1/2 cup 1 tbsp 2 tsp	
Salt, Kosher	11/2 tbsp 2 tsp	
Juice, Lime	3 1/2 cups 1 tbsp 2 tsp	
Cilantro, Dried	1/3 cup	
Assembly		
Cilantro Lime Rice	60 cups	

Instructions

Sweet Potato Vegetable Mixture

- Preheat oven to 400°F
- Place diced sweet potatoes, peppers and onions in a bowl. Add oil and black pepper. Toss to combine. Place on parchment lined sheet pan and bake for 20 minutes or until sweet potatoes are crisp and cooked through.
- While potatoes are cooking, combine black beans, water, cumin, and garlic powder in a saucepan. Simmer on low until ready to serve.

Chimichurri Sauce

- Combine parsley, cilantro, oil, garlic, red wine vinegar, salt and red pepper flakes in a blender or food processor and blend until smooth.
- Heat to 135°F and hold at 135°F.

Cilantro Lime Rice

- Combine rice, water, oil, salt, lime juice, and cilantro into a 2-inch steamtable pan. Stir to combine. Cover tightly. Use two pans.
 - o Oven Method: Cook in a 350°F oven for 45-55 minutes.
 - o Steamer Method: Cook in a steamer for 30 to 40 minutes.
- Remove from oven or steam and let sit for 10 to 15 minutes.
- Remove cover, fluff rice before serving.

Assembly (1 serving)

- Portion 1 cup Cilantro Lime Rice in a 12 or 16 oz bowl.
- Top with:
 - o 1/2 cup beans
 - o 1/2 cup sweet potato and onion mixture
 - o 2 oz chimichurri sauce



CAULIFLOWER TIKKA MASALA



Michael Jochner, Director of Nutrition Services, Morgan Hill USD

Fueled by the CDFA Farm to Fork grant, Morgan Hill USD's Director of Nutrition Services, Michael Jochner, created a thriving "farm-to-school pipeline," bringing fresh, locally grown vegetables from small, minority-owned farms to school menus. The cauliflower in the Tikka Masala can be substituted with a variety of local vegetables, and the sauce can be sourced from a vendor of your choice.





Prep Model: Full Prep



Servings: 50



Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (starchy - potatoes), 1/2 c.

Veg (other - cauliflower)



Ingredients	Servings
Cauliflower Florets	25 cups
Rustic Potato Wedge	650 count wedges
Rice, Brown, Cooked	50 cups
Tikka Masala Sauce	100 oz
Sour Cream, Plant-Based	50 oz
Cilantro	To taste

Preparation

Instructions

- Bake rice in hotel pan with water, covered with parchment paper and foil, until done.
- Roast cauliflower and potatoes on a sheet pan at 350°F, until tender. Spread out the product evenly on the sheet pan to allow good air flow. Make sure it is in a single layer on the sheet pan.
- Reheat sauce in a hotel pan, covered with parchment and foil at 350°F for 20min.

Assembly

- Scoop rice into the bottom of a hot tray Then scoop the potatoes and cauliflower on top of the rice. Then scoop the sauce mixture over top. Place trays into the warmer at 140°F.
- Just before service, place a sprig of cilantro onto the top.
- Plant-based sour cream scooped into 1 oz cups/lids, should be served on the side in a basket or tray lined with red/white parchment paper.

Assembly (1 serving)

- 1/2 cup cauliflower florets.
- 13 pieces of rustic potato wedges.
- 1 cup cooked brown rice.
- 2 ounces of tikka masala sauce.
- 1 ounce of plant-based sour cream.
- 1 serving of cilantro.

CHANA MASALA POWER BOWL



Alex Emmott, Director of Nutrition Services, and Dominic Machi, former Director of Nutrition Services, Mt. Diablo USD

Crafted by Mt. Diablo USD's former chef, Josh Gjersand, the Chana Masala Power Bowl features chickpeas and packs bold, aromatic flavors that secondary students love. With locally grown vegetables sourced through Ag Link and Spork Food Hub, this fan-favorite dish features fresh, nutrient-dense veggies in every bite!





Prep Model: Full Prep



Servings: 100

Allergens:



Wheat

Meal Component: 2 MA, 4 Grain



CHANA MASALA POWER BOWL

Ingredients	Servings	
Chana Masala Power Bowl (100)		
Chana Masala		
Oil, Olive Canola Blend	12 tbsp 2 1/4 tsp	
Onion, Fresh, Chopped	1 lb 9 1/2 oz	
Galic, Fresh, Chopped	6 tbsp 1 tsp	
Ginger, Fresh, Chopped	6 tbsp 1 tsp	
Spice, Garam Masala	3 tbsp 3/4 tsp	
Spice, Turmeric, Ground	1 oz 17 g	
Spice, Cumin, Ground	3 tbsp	
Spice, Coriander, Ground	3 tbsp 3/4 tsp	

Tomato, Diced	2 3/8 lb
Sauce, Marinara	6 3/8 oz
Beans, Garbanzo	19 lb 14 3/8 oz
Ancient Grain Rice	
Alternative Grain (e.g., Houra- ni Wheat Berry, Farro, Quinoa, Brown Rice)**	10 3/8 lb
Rice, Sushi, Organic	6 lb 14 1/2 oz
Salt, Kosher	2 tbsp 1 tsp
Water, Tap	3 quarts 2 2/3 cup
Cilantro Chutney	
Cilantro, Bunches	21 bunches

Г	1
Oil, Olive, Extra Virgin	5 1/3 cup
Lemon, Juiced	1 1/4 cups
Salt, Kosher	2 tbsp 5 tsp
Spice, Cinnamon, Ground	5 1/2 tsp
Spice, Coriander, Ground	5 1/2 tsp
Spice, Garam Masala	4 tbsp 4 tsp
Agave*	2 tbsp
Assembly	
Cilantro Chutney	3 1/8 lb
Hourani	12.5 lb
White Rice	12.5 lb

Instructions

Prepare Masala

- In large skillet over low heat, sweat onions and garlic in oil.
- Once onions are cooked add all spice, mix until paste forms. Cook paste over low heat for 5 minutes stirring often.
- Add diced tomato and marinara sauce. Cook over medium heat until it boils. Add beans. Reduce heat to low.
- Simmer on low heat until liquid reduces, and it thickens slightly.

Cilantro Chutney

- With bunch still tied rip stems off cilantro below twist tie.
- Wash cilantro and let drain in strainer.
- Add half of the cilantro leaves to a food processor. Pulse adding half the liquid slowly.
- Add spices, seasoning and remaining leaves, pulse adding remaining liquid.
- If sauce is too thick add 1/4 cup of water.
- Keep sauce cold.

Prepare Ancient Grain Rice

- Mix white rice, alternative grains, and salt in hotel pan. Add water.
- Wrap, cover and cook in the oven at 350°F for 30-45 minutes or until rice is fluffy and water is cooked out.
- Fluff and hold warm.

Assembly

- To serve. Layer
 - o 4 oz Ancient Grain Rice
 - o 4 oz Chana Masala
 - o 1 oz Cilantro Chutney

*Agave is used to accommodate for students who follow a strictly vegan diet. You can also substitute agave for honey, as needed.

**Meal pattern component will vary depending on the grain used. Mt. Diablo USD used Hourani Wheat Berry from Honore Farm and Mill for their recipe.

CHICKPEA AND POTATO CURRY



Alan Downing, Director of Nutrition Services, San Rafael USD

A favorite among San Rafael USD's secondary students, this tomato-based curry brings warm, comforting flavors to the menu. San Rafael USD pairs this dish with their gorgeous mile-high salad bars for a well-rounded meal. Customize the spice level to suit your students' tastes.





Prep Model: Full Prep



Servings: 100



Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange - tomato paste), 1/4 c. Veg (starchy - potato), Trace Veg (leafy green - cilantro)



CHICKPEA AND POTATO CURRY

Ingredients	Servings	
Tomato Paste, Low-Sodium, Canned	2 lb 8 oz	
Onions, Dehydrated Flakes	12 1/2 oz	
Turmeric, Ground	2 1/2 oz	
Chili, Powder	2 1/2 oz	
Garlic Powder	6 oz	
Kasoori Methi (e.g. Indian Spice Peacock)	1/2 oz	
Garam Masala	2 1/2 oz	
Water, Tap	6 lb 4 oz	
Rice, Brown, Long Grain, Parboiled, Dry	200 oz dry	
Potatoes, White, Raw	1 1/2 gal 1 cup	
Coriander (cilantro), Leaves, Raw	1 cup 1/2 tbsp	
Salt, Table	2 tbsp 1/8 tsp	
Beans, Garbanzo, Low-sodium, Canned	18 lb 12 oz	

Preparation

Instructions

- Cut potato into small cubes and set aside.
- Rinse well and drain chickpeas, set aside.
- Combine water and spices in stock pot, heat on stove until it has reached a boil, reduce to a simmer.
- Add chickpeas and potatoes, continue to simmer until potatoes are tender.
- · Cook Rice.
- In service container, scoop 1 cup cooked rice, and 2/3 cup curry, cover.
- Cook dish at 325 for 20-30 minutes until an internal temperature reaches 165°. Place in hot hold for service.

RED LENTIL DAL WITH COCONUT RICE



Erin Primer, Director of Nutrition Services, San Luis Coastal USD

This vibrant entrée bursts with bold spices and eye-catching colors, making it a student favorite! Customize it with fresh, locally grown vegetables to complement the rich, hearty dal sauce. Plus, its convenient, compact design makes it perfect for students who prefer to dine on the go!





Prep Model: Full Prep



Servings: 48



Meal Component: 2 MA (beans and lentils), 2 Grain, 1/4 c. Veg (leafy green - spinach), 1/4 c. Veg (red/orange - tomato), 1/4 c. Veg (other - onions)



Ingredients	Servings
Coconut Rice (48 servings)	<u>'</u>
Rice, Brown, Long Grain, Parboiled, Dry	6 qt
Water, Tap	34 2/3 cup
Coconut Milk, Canned	2 qt 5 1/2 cup
Spice, Allspice, Ground	2 tsp
Red Lentil Dal	
Onions, Chopped, Raw	2 qt 2 3/4 cup
Oil, Olive, Salad or Cooking	1 cup
Spice, Ginger, Ground	1/4 cup
Garlic, Raw	27 cloves
Tomato, Paste, Canned, No Salt Added	1 oz
Tomatoes, Canned, Diced	2 qt 2 3/4 cup
Spice, Cumin, Ground	2 tbsp 2 tsp
Soup, Vegetable, Broth, Ready to Serve	2 qt 1/4 tsp
Spice, Paprika	4 tbsp 1/4 tsp
Lemon Juice	4 tbsp 4 tsp
Coconut Milk, Raw	2 qt 1 cup
Curry, Powdered	4 tbsp 1/4 tsp
Turmeric, Ground	2 3/4 tsp
Lentils Red, Raw	5 1/3 cup
Spinach, Raw	2 qt 2 3/4 cup
Beans, Garbanzo	16 cup
Cilantro	To taste
Pepper, Sweet, Yellow, Fresh	optional

Instructions

Coconut Rice

- Combine rice, coconut milk, allspice and water in a 4" hotel pan (50 servings per pan). Stir to combine and cover with plastic wrap and foil. Bake at 375°F for 40 minutes or until liquid is absorbed.
 - Optional: Can also add tsp of gluten free veg. broth per 50 servings. Cook to 135°F and hold at 135°F.

Red Lentil Dal

- Wash, peel and dice the onion. Add 2 tbsp of olive oil to a pan at medium heat. Next, sauté the onion for 5-7 minutes over medium heat in the olive oil. Next, add and stir the garlic and ginger for 1 minute.
- Add the tomato paste and cook for 1-2 minutes.
- Blend the diced tomatoes with an immersion blender or Robo Coupe. After the tomato paste has cooked and turned a darker color, add the tomato sauce, and cook for 3-4 minutes.
- Mix the coconut milk, lemon juice, and vegetable broth together and add the liquid mix to the spice. Simmer uncovered for 5 minutes.
- · Rinse the lentils.
- After rinsing the lentils, add the lentils. Simmer uncovered for 20 minutes. Stir occasionally, making sure to scrape the sides of the pot to make sure the lentils are cooking evenly.
- Halfway through the 20-minute simmer add the spinach and the garbanzo beans.

Assembly (1 Serving)

- Scoop 1 Cup rice into serving bowl.
- Scoop 3/4 Cup Dal over rice.



CAULIFLOWER PASTA ALFREDO



Matt Dittman, Director of Nutrition Services, Santa Barbara USD

The easy-to-assemble entree appeals to kids of all ages – particularly K-5 students and is a perfect way to introduce students to plant-based meals. You can add plant-based chicken strips to this recipe to fulfill your MA requirement – the combination of the cauliflower sauce and the penne pasta is sure to please.





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

Sov

Meal Component: 0 MA, 2 Grain, 1/2 c. Veg (other - cauliflower) -

Plant-based MA must be served with this recipe.

Add or Suggested Components: Add 2 oz plant-based nugget per

serving to meet 2 MA



CAULIFLOWER PASTA ALFREDO

Ingredients	Servings	
Cauliflower, Raw, Chopped	3 gal	
Oil, Olive, Blend	1/2 cup	
Garlic, Raw, Cloves	1/2 cup	
Plant-Based Milk	1 qt 2 cup	
Braggs, Nutritional Yeast	3 cups	
Lemon, Fresh, Whole	6 oz	
Spice, Onion, Powder	2 tbsp	
Spice, Garlic, Granulated	1 tbsp	
Salt, Kosher, Coarse	3 tbsp	
Pasta, Penne, WG	7 lb	

Preparation

Instructions

- Steam cauliflower florets until fork tender. Meanwhile, cook pasta according to directions.
- Add olive oil and minced garlic to pan over low heat and sauté until soft and fragrant.
- Add cooked cauliflower, sauteed garlic, soy milk, nutritional yeast, lemon juice, onion, salt and pepper to a blender (or use immersion blender) and puree until very smooth.
- Add cauliflower sauce and pasta to a pot, mix and heat throughout. If necessary, season to taste.

Assembly

• Scoop 1.5 Cup into serving bowl.

PASTA PIZZA BOWL WITH PLANT BASED CHEESE



Jessie Wesch, Director of Nutrition Services, Paso Robles Jt USD

Paso Robles Jt. USD's Director of Nutrition Services, Jessie Wesch, prioritizes local vendor connections, sourcing organic pasta from Etto Pasta in Paso Robles. Many of the district's homegrown veggies and herbs from their school gardens make it into this entrée, or onto the district's overflowing salad bars.





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange), 1/4 c. Veg (other onions and chiles)



PASTA PIZZA BOWL WITH PLANT BASED CHEESE

Ingredients	Servings	
Cauliflower, Raw, Chopped	3 gal	
Oil, Olive, Blend	1/2 cup	
Garlic, Raw, Cloves	1/2 cup	
Plant-based milk	1 qt 2 cup	
Braggs, Nutritional Yeast	3 cup	
Lemon, Fresh, Whole	6 oz	
Spice, Onion, Powder	2 tbsp	
Spice, Garlic, Granulated	1 tbsp	
Salt, Kosher, Coarse	3 tbsp	
Pasta, Penne, WG	7 lb	

Preparation

Instructions

- Steam cauliflower florets until fork tender. Meanwhile, cook pasta according to directions.
- Add olive oil and minced garlic to pan over low heat and sauté until soft and fragrant.
- Add cooked cauliflower, sauteed garlic, soy milk, nutritional yeast, lemon juice, onion, salt and pepper to a blender (or use immersion blender) and puree until very smooth.
- Add cauliflower sauce and pasta to a pot, mix and heat throughout. If necessary, season to taste.

Assembly

• Scoop 1.5 Cup into serving bowl.

ORECCHIETTE WITH PLANT-BASED SAUSAGE AND BROCCOLI



Juan Cordon, Director of Nutrition Services, Vacaville USD

Created by Vacaville USD's former chef, Richie Wilim, this entrée was a student favorite on the district's December 2023 menu, which featured all climate-friendly, plant-based meals for an elementary school site. Customize this dish with your choice of plant-based crumble, and the rich marinara sauce will make every bite deliciously satisfying!





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

SAL

Meal Component: 2.5 MA, 2 Grain, 1/2 c. Veg (leafy green - broccoli), 3/4 c. Veg (red/orange)



ORECCHIETTE WITH PLANT-BASED SAUSAGE AND BROCCOLI

Ingredients	Servings	
Broccoli	11 lb	
Oil, Olive	3 pt	
Tomato Paste	2 lb 12 oz	
Onions, Yellow	2 lb 12 oz	
Sausage, Plant-Based	6 lb 4 oz	
Pasta, Orecchiette, Dry	11 lb 4 oz	
Garlic, Cloves	10 cloves	
Spice, Red Pepper, Flake	1/2 tbsp	
Stock, Vegetable	5 fl oz	
Parsley	1 oz	
Basil, Fresh	1 oz	
Plant-Based Parmesan, Grated	1 lb 9 oz	
Oregano	1 oz	
Dinner Roll, Whole- Grain	1 roll	

Preparation

Instructions

- Heat 1 cup of oil over medium heat and add onions, cook until tender.
- Add tomato paste and sausage. Use a whisk to crumble the sausage in the pan. Allow to simmer to a ragout state, remove from heat.
- Cook the pasta in salted boiling water, drain.
- While pasta is cooking in a large pan heat remaining oil, add garlic, red pepper, stock and sausage mixture. Stir to combine. Add herbs and broccoli, cook until the broccoli is hot, about 3 minutes.
- Add the pasta and 15 oz parmesan, toss to mix.

Assembly

- Serve 6 oz portions with remaining parmesan.
- Serve on a 9" plate with whole wheat dinner roll.

PLANET FARFALLE



Alex Emmott, Director of Nutrition Services and Dominic Machi, former Director of Nutrition Services, Mt. Diablo USD

Mt. Diablo USD's former Chef, Josh Gjersand, created this tasty pasta dish specifically for K-5 students, though it's a hit with secondary students in the district as well. The combination of flavorful ingredients and a perfectly balanced sauce makes it a satisfying choice for all age groups.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange)

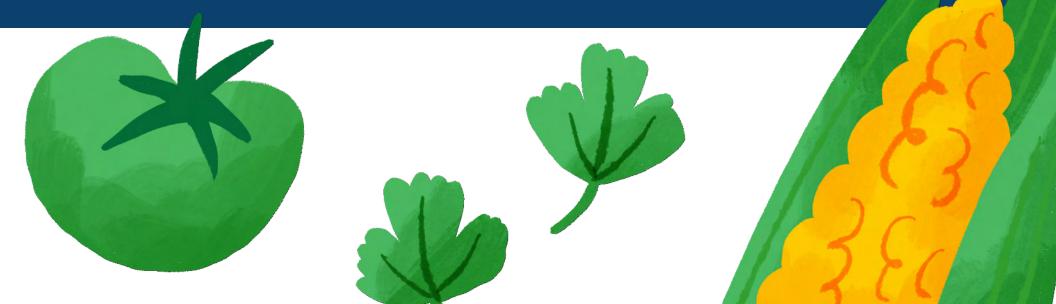
Equipment: Kettle or Tilt Skillet



Servings	Instructions
2 lb or 100 servings	Cook Pasta based on how many servings you need. Toss in olive oil, lightly season with salt and dried basil (optional).
	Reheat nuggets in 350°F oven with servings grouped together.
3 1/8 lb	• Add half sauce on top of nuggets, sprinkle with cheese and bake until sauce is hot, and cheese is melted.
4 440	Heat remaining sauce and pasta together either in a pot or hotel pan in the oven.
4 #10 can	Serve nuggets over hot pasta tossed with remaining sauce.
3 bags	Serving
	• 1 #8 scoop pasta w/sauce.
1 bag, 100 leaves	1 serving plant-based chicken with sauce and melted cheese.Garnish with basil.
	2 lb or 100 servings 3 1/8 lb 4 #10 can 3 bags 1 bag, 100



MEXICAN & LATIN-X INSPIRED



SPANISH BROWN RICE AND BEAN BOWL

LOS GATOS UNION SCHOOL DISTRICT

Kerry Billner, Director of Nutrition Services, Los Gatos ESD

Los Gatos Union SD's Director of Nutrition Services, Kerry Billner, is a huge fan of creating tasty plant-based recipes that students rave about! This flavorful bowl is fully customizable—add fresh, organic vegetables from local farmers to meet vegetable subgroup requirements and make it your own delicious creation!





Prep Model: Full Prep



Servings: 100



Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - lettuce), 1/4 c.

Veg (red/orange - tomatoes), 1/8 c. Veg (other - green

peppers and black olives)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



SPANISH BROWN RICE AND BEAN BOWL

Ingredients	Servings	
Rice, Brown, Dry	6 lb 4 oz	
Water	1 gal 1 qt	
Corn, Frozen or Canned, Tempered	1 1/2 gallons 1 cup	
Salsa, Canned	2 1/2 #10 cans	
Beans, Black, Canned, Drained or Cooked from Dry	8 #10 cans	
Spice, Taco Seasoning	2 cups	
Corn Tortilla Chips (individual 1 oz bags or bulk)	100 each or 6 lb 4 oz	
Lettuce, Romaine	4 lb 12 oz	
Black Olives, Drained (optional)	1 #10 can	
Jalapenos, Sliced, Canned (optional)	1 #10 can	
Onion, Diced (optional)	4 lb	
Cilantro, Fresh (optional)	To taste	
Salad Dressing (optional)		
Salsa, Canned	2 #10 cans	
Plant-Based Ranch, Dairy Free*	2 1/4 cups	

^{*}Plant-Based Ranch is used to accommodate for students who follow a vegan diet.

- Prepare rice by combining it with water and cook. Fluff. Place in warmer until service.
 - Recommended cooking method is to cover and steam for approximately 30 minutes. See alternatives below:
 - Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes. (Use Hotel Pans/cover with foil)
 - Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once, cover and cook an additional 10 minutes over low heat.
- Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.
- Prepare the lettuce, olives, jalapenos, onion, and cilantro.
- Prepare salad dressing by combining salsa and plant-based ranch. Portion into 2 ounce souffle cups, if desired.
- Assembly (1 serving)
- Layer 1/2 cup rice.

Instructions

- 1 cup bean and corn mixture.
- 1/2 cup chopped romaine lettuce.
- 1 TB onion, 1 TB jalapeños, I TB olives (optional), and 1/2 tsp. cilantro
- Serve with 1 oz. tortilla chips on the side.

CUBAN BLACK BEAN STREET TACO PLATE



Micha James, Director of Nutrition Services, Monterey Peninsula USD

In the 2022-23 school year, Monterey Peninsula's Director of Nutrition Services, Micha James, enlisted Sara Youngbar, the department's Culinary Specialist, to add more plant-based meals to their school menu. This eye-catching entrée —packed with colorful organic veggies from the DoD Fresh Program and local Watsonville Produce, and seasoned with tajin —quickly became a favorite for secondary students





Prep Model: Full Prep



Servings: 75



Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange), 1/4 c. Veg (other onions and chiles)

Equipment: Immersion Blender



CUBAN BLACK BEAN STREET TACO PLATE

Ingredients	Servings	
Black Beans, Cuban		
Beans, Black, Turtle, Canned Dry Beans, Low-Sodium	10 #10 can	
Spice, Cumin, Seed	3/4 cup 1 tbsp 1 tsp	
Cilantro, Leaves, Fresh	1/3 cup 1 tbsp 1 tsp	
Onions, Raw, Chopped	1 2/3 cup	
Chiles, Green, Diced, Mild, Canned	1 2/3 can (27 oz)	
Spice, Tajin, Low Sodium	1/3 cup 1 tbsp 1 tsp	
Garlic, Raw, Chopped	1/3 cup 1 tbsp 1 tsp	
Salt, Table	2 1/2 tsp	

Lime, Juice, Fresh	3/4 cup 1 tbsp 1 tsp	
Rice, Cilantro Lime		
Rice, Brown, Long-Grain, Raw	8 lb 10 oz	
Coriander, Leaves, Raw	1lb 8 oz	
Lime Juice, Raw	1 pt 1 cup	
Salt, Table	1 tbsp 1 1/2 tsp	
Homemade Salsa		
Tomatoes, Diced, In Juice, Canned	1 7/8 #10 can	
Oregano, Dried, Ground	1 tbsp, 2 5/8 tsp	
Red or Cayenne, Pepper	1 tbsp, 2 5/8 tsp	
Spice, Onion, Powder	2 3/4 tsp	

Spice, Cumin, Seed	1 7/8 tsp
Garlic, Raw	1 7/8 tsp
Lime, Juiced	1 tbsp 2 5/8 tsp
Parsley, Freeze Dried	1 tsp
Onions, Dehydrated, Flake	1 1/3 cup 1 tbsp 1/2 tsp
Salt, Table	1/2 tsp ground
Spice, Pepper, Black	1/2 tsp ground
Assembly	
Tortilla, White Corn, 6"	150 Tortillas
Coriander, Leaves, Raw	9 oz
Onions, Raw	4 lb

Instructions

Cuban Black Beans

- Drain beans.
- Flavor beans with lime juice, garlic, salt, onion, cumin, tajin, and cilantro.
- Heat mixture until internal temperature reaches 160°F.

Cilantro Lime Rice

- Combine rice, water, salt, and lime juice into a 2-inch steamtable pan. Stir to combine. Cover tightly.
 - o Oven method: Cook in a 350°F oven for 45 to 55 minutes.
 - o Steamer Method: Cook in a steamer for 30 to 40 minutes.
- Remove from oven or steam and let sit for 10 to 15 minutes.
- Remove cover; fluff rice before serving. If sauce is too thick add 1/4 cup of water.

Homemade Salsa

- Roast garlic. Wrap garlic cloves with foil or place in a small 1/3 pan covered with foil. Add a splash of oil before wrapping or covering.
- Roast at 425°F for 15-20 minutes.
- Garlic should be tender when finished.

- Combine all ingredients.
- Using a small immersion blender, blend all ingredients.
- After using the small immersion blender, blend the mixture in portions in a standard blender.
- Blend until smooth and place in another container.

Elementary & Middle

- Prepare the rice according to the sub recipe and cool.
- Prepare the Cuban Black Beans according to sub recipe and hold cold until assembly.
- Prepare the salsa according to the recipe and cool (a prepared salsa may also be used). Fill 2 ounce souffle cups with salsa according to the number of servings you will prepare. Set aside and chill.
- Use a Robot Coupe or food processor to finely dice the onion. Finely chop he cilantro and set aside.

Elementary & Middle Assembly (1 Serving)

• In a two-compartment tray, add 1/2 cup scoop Cilantro Lime Rice.

Instructions

- In the large compartment, arrange 2 corn tortillas into a taco shape. Using a 3/4 cup scoop of Cuban Black Beans, divide it between the two tacos.
- Top each filled taco with about 1 tablespoon of diced onion and cilantro. Seal, chili, and hold. Send salsa cups to sites along with taco plates.
- To heat: in a 300°F oven with low fan, heat the taco plates until the beans reach 145°F. Serve with salsa on the side.

High School (increase to required serving size)

- Prepare Cilantro Lime Rice according to the recipe above. Keep warm at 140°F until time to assemble.
- Prepare Cuban Black Beans according to recipe above and heat in covered steam pan in the oven until beans reach 145°F. Hold warm until assembly.
- Cup prepared salsa in 2 ounce souffle cup, set aside in the cooler.
- Using a Robot Coupe or food processor, finely dice the onion. Finely dice the cilantro.

High School Assembly (1 serving)

- In a two-compartment tray, add 1/2 cup Cilantro Lime Rice to smaller compartment.
- In the large compartment, arrange 2 tortillas in taco shapes. Using a 3/4 cup scoop of Cuban Black Beans, divide it between the two tacos.
- Top each filled taco with 1 tablespoon diced onion and cilantro.
- Seal and keep warm. Serve with salsa cup.

ENCHILAGNA



Rebecca Steffler, Director of Nutrition Services, Walnut Creek ESD

Under the expert guidance of Director of Nutrition Services, Rebecca Steffler, Walnut Creek ESD became the first in California to earn the Eat Real Certified Gold Award. Rebecca created this crave-worthy entrée as a delicious blend of lasagna and enchilada, and K-8 students can't get enough of it! Use your commodities for frozen corn, canned black beans, and your favorite salsa verde to bring this colorful dish to life.





Prep Model: Full Prep



Servings: 48



Meal Component: 3 MA, 2 Grain, 1/2 c. Veg (starchy - corn)



Ingredients	Servings
Onions, White	2 lb
Pepper, Red, Raw	1 lb
Garlic, Chopped	20 g
Oil, Canola	1/2 cup
Corn	3 qt
Spice, Paprika	10 g
Spice, Cumin	10 g
Spice, Cinnamon	2 tsp
Salt	28 g
Beans, Black	4 qt 2 cup
Verde Sauce (Green Enchilada Sauce)	1 gal
Tortillas, Corn	48 count
Plant-Based Cheese, Cheddar Style Shreds*	3 qt

^{*}Plant-Based Cheese is used to accommodate for students who follow a vegan diet.

Filling

Instructions

- In a tilt skillet, sweat the onion, red pepper, and garlic in canola oil until softened. Add the frozen corn and cook until it hits 140°F and is lightly browned.
- Mix paprika, cumin, cinnamon, and salt in a bowl. Add this dry spice mixture to the veg mix and toast in the tilt skillet until fragrant or 2-3 minutes, stirring and staying with it so you don't burn your spices. Use immediately or transfer the mixture to a sheet tray to cool below 41°F.
- Drain and rinse black beans, then mix in your cooled vegetables.

Assembly

- Pre-heat oven to 350°F.
- Spray two 4" metal hotel pans with pan spray and spread 1 1/2 cups of Verde sauce on the bottom of each.
- Place 6 tortillas evenly on the bottom of each pan
 - o Spread 11/2 cups of Verde sauce over tortillas.
 - o Sprinkle one third of your filling evenly, from edge to edge.
 - o Finish with 1 1/2 cups of plant-based cheese sprinkled evenly over the filling.
- Finish your Enchilagna by topping your last layer evenly with 6 tortillas, 2 cups of Verde sauce spread evenly to cover tortillas, and 1 1/2 cups of cheese.
- Cover Enchilagna with aluminum foil and bake for 45 minutes or until the tortillas are tender and the Enchilagna has reached 140°F.
- Allow to rest for 30 minutes, then cut into 24 pieces, 8x3.



THE WHOLE ENCHILADA



Corina Ulloa, Director of Nutrition Services, West Covina USD

This spicy, easy-to-make entrée is a student favorite—it lives up to its name as "The Whole Enchilada!" Packed with black beans and sweet potatoes, it's a flavorful, nutrient-rich option for K-12 students. Add organic vegetables from DoD Fresh to boost both the taste and nutrition for an even more delicious meal!





Prep Model: Full Prep



Servings: 48



Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (red/orange - red peppers, salsa, and sweet potatoes)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



THE WHOLE ENCHILADA

Ingredients	Servings	Instructions
Potato, Sweet	10 lbs	Preparation • Peel and shre
Oil, Olive	2 tsp	Sauté garlic irAdd onions a
Onions, White, Chopped	6 cups	 Add pepper a Add beans an Place 2 #8 sco Place salsa in Cover with re Bake at 300°l Cook to 140°f
Garlic, Chopped	4 tbsp	
Pepper, Red, Raw, Chopped	6 cups	
Cumin	6 tbsp	1 Serving = 2 Eı
Pepper, Black	1/2 tsp	
Beans, Kidney	2 can #10 size	
Salsa	2 can #10 size	
Tortilla, Corn, 6"	80 count	

Preparation

- Peel and shred sweet potatoes.
- Sauté garlic in oil until golden.
- Add onions and cook until caramelized.
- Add pepper and spices, sauté for 5 minutes.
- Add beans and potatoes, mix thoroughly.
- Place 2 #8 scoop in each tortilla and fold.
- Place salsa in hotel pan to cover bottom and place enchilada on top.
- Cover with remaining salsa.
- Bake at 300°F for 30 minutes.
- Cook to 140°F and hold at 140°F for hot service.

1 Serving = 2 Enchiladas

FIESTA CRUNCH WRAP



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

This quick and easy grab-and-go Fiesta Crunch Wrap is a hit with students of all ages! Packed with flavor and crunch, it's the perfect handheld meal for busy days. Have fun swapping out the vegetables to create endless combinations.

A guaranteed crowd-pleaser!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

Allergens:





Wheat

Sav

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange, other)



FIESTA CRUNCH WRAP

Ingredients	Servings
Tortilla, Whole Wheat, 12-inch	100 count
Tostada Shell	100 count
Plant-Based Ground Protein Crumbles (e.g., Lentil Crumbles)	25 lbs
Plant-Based Cheese*	6.25 lbs
Red Peppers and Onions Mix	12.5 lbs

^{*}Plant-Based Cheese is used to accommodate for students who follow a vegan diet.

Preparation

Instructions

- Cook meatless crumbles according to package instructions.
- Cook frozen pepper and onion mix in the oven on 325°F, high fan for 15 minutes.

Assembly

- Place 1 tortilla down.
- Add 4 oz meatless crumbles on top.
- · Center tostada in the middle.
- Add 1 oz plant-based cheese on top.
- Top with 2 oz cooked vegetable mix.
- Tightly fold edges of tortilla towards the center, creating pleats. Invert the crunch wraps so pleats are on the bottom, and they stay together.
- Place the crunch wraps on baking sheets.
- Bake on 325°F, high fan for 20 minutes flipping them halfway through.
- Keep crunch wraps warm until service.



VEGGIE FIESTA BOWL



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

The Veggie Fiesta Bowl is a visibly appealing dish packed with fresh ingredients that students will love. This bowl is as delicious as it is easy to build! You can use whatever plant-based meat alternatives you prefer. Upland USD uses the Before the Butcher plant-based chorizo which has an added flavor kick.





Prep Model: Full Prep



Servings: 100



Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (starchy - corn)

Equipment: Kettle or Tilt Skillet; Scale; #8 Scoop; #12 Scoop



Ingredients	Servings
Cilantro Lime Rice	61.4 lb
Beans, Black	27 lb
Chorizo, Ground, Plant-Based	10 lb
Corn, Fire Roasted	13 lb
Jalapenos, sliced	32 ct
Creamy Cilantro Dressing*	200 oz

*Creamy Cilantro Dressing should be plantbased to accommodate for students who follow a vegan diet.

Preparation

Instructions

- Cook the rice according to the recipe.
- Place black beans in a steam table tray. Steam for 45 minutes.
- Place the plant-based ground chorizo on a steam table tray. Steam from frozen for 1 hour and 30 minutes, checking in 30-minute intervals.
- Defrost flame roasted corn mix.
- Cut jalapenos into slices and set aside as a topping ingredient. Refrigerate until ready for use.
- Prepare creamy cilantro dressing according to the recipe. Cup into 50, 2 oz servings. Refrigerate until ready to serve.

Assembly

- Serve in 16 oz containers.
- Add 8 oz rice.
- 2 oz black beans.
- 4 oz chorizo.
- 2 oz corn.
- Top with jalapeno slices.
- Keep bowls in warmer until ready to serve.
- Distribute with 2 oz dressing.



PICO NACHO BOWL



Maly Pra, Director of Nutrition Services and Frank Castro, Former Director of Nutrition Services, Dublin USD

This Plant-Based Nacho Bowl is a flavorful and satisfying meal, featuring beans, creamy plant-based cheese and zesty pico de gallo and salsa. Topped with protein-packed vegetarian refried beans and low-sodium pinto beans, this bowl offers a tasty, nutritious option for students. Paired with crispy tortilla chips, it's a fun, easy, customizable meal that will keep students

coming back for more!





Prep Model: Full Prep



Servings: 50



Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (red/orange - Pico de Gallo)



Ingredients	Servings
Plant-Based Cheese, Cheddar*	6 1/4 lb
Pico De Gallo	25 cups
Salsa	12 1/2 lb
Beans, Vegetarian Refried, Pouches	6 1/4 lb
Beans, Pinto, Low-sodium, Canned	12 1/2 lb
Tortilla Chips	50 servings (2 oz)

^{*}Plant-Based Cheese is used to accommodate for students who follow a vegan diet.

Preparation

Instructions

- Pour 1/2 gallon boiling water into 4-inch-deep half steamtable (hotel) pan.
- Quickly pour beans (if in pouch) into pan and cover.
- Allow beans to sit on steamtable for 25 minutes.
- Season, stir.

Assembly (1 serving)

- 2 oz of vegetarian refried beans.
- 4 oz of pinto beans.
- 4 oz salsa.
- 1/2 cup Pico de Gallo.
- Top with 2 oz plant-based cheddar cheese and 2 oz tortilla chips.



TOFU CRUMBLE TACOS



Kat Soltanmorad, Director of Nutrition Services, Tahoe Truckee USD

Make sure your tofu is extra firm for these tacos so that it will hold well. You can use either flour or corn tortillas; whatever your students prefer. This recipe is perfect to pair with sides of beans and rice to round out the meal.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 100

Allergens:



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - lettuce)

Add or Suggested Components: Can add more vegetables.



Ingredients	Servings
Tortilla, Whole Grain - Corn, 6"	200 tortillas
Tofu, Extra Firm	2 1/2 case
Oil, Vegetable	1 1/2 cup
Sauce, Soy	1 1/4 cup
Spice, Paprika	3/4 cup
Spice, Cumin	1/4 cup
Spice, Onion Powder	1/4 cup
Spice, Chili Powder	1/2 cup
Salsa Roja	12 1/2 lb
Plant-Based Cheese, Chedder, Mild, Shredded	12 1/2 lb
Lettuce, Shredded	10 lb
Olive, Ripe	1 can

^{*}Friends of the Earth recommends plantbased cheese to accommodate for students who follow a vegan diet.

Instructions

Preparation

- Preheat oven to 350°F. Line with parchment paper or lightly grease a large baking sheet.
- Mix the oil, soy sauce, and all the spices in a large bowl. It will make a brown paste-like texture.
- Crumble the block of tofu with your fingers into the bowl with the seasoning. Mix the tofu crumbles with the seasoning, making sure all of the tofu is evenly coated. Spread the tofu crumbles evenly over the pan. Bake for 30 to 35 minutes, stopping to stir the tofu every now and then. Keep a close eye on it towards the end so that it doesn't burn. You want the tofu to be nice and browned. The smaller crumbles will be darker than the larger crumbles.
- Remove the tofu crumbles from the oven. Mix with some salsa for flavor. Make sure this mixture is not too wet.
- Offer 2 tortillas filled with tofu crumble. Top with lettuce, olives and offer cheese and salsa on the side.

Tofu Serving = 3 oz per taco, 6 oz total



CRISPY TERIYAKI TOFU WITH RICE



Michelle Drake, Director of Nutrition Services, Elk Grove USD

Elk Grove USD's Director of Nutrition Services, Michelle Drake, is leading the way with plant-based school lunches! Michelle and her team crafted this crispy, spicy tofu bowl, hitting both the MA and grain requirements in one delicious dish. Be sure to use extra-firm tofu for the perfect texture.

C	omple	exity	Rating:	2
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Prep Model: Full Prep



Servings: 50

Allergens:



Soy

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - broccoli)



Ingredients	Servings
Tofu, Extra Firm	13 3/4 lb
Oil	1 cup 2 tsp
Soy Sauce	1 cup 2 tsp
Cornstarch	1 cup 2 tsp
Teriyaki Sauce, Low Sodium	6 1/4 lb
Broccoli Floret, Pre-Cut	4 3/4 lb
Rice, Brown, Parboiled, Long Grain Water, Tap	5 lb, 3.774 oz (3-1/8 qt) 12 lb, 8 oz (1-1/2 gallon + 1 cup)

Rice Preparation

Instructions

- Cook rice: Spray 2-4 inch steamtable pans with pan spray.
- Add HOT water and stir, cover with lid.
- Cook at 400°F for 45-60 minutes or until all water is absorbed. Taste to make sure the rice is cooked.
- If possible allow rice to stay covered outside the oven for 10-15 minutes to allow steam to soften the rice.
- Maintain at 135°F until service.

Tofu Preparation

- Preheat the oven to 400°F.
- Spray a baking sheet to prevent the tofu from sticking. DO NOT USE PARCHMENT THE TOFU WILL STICK TO IT!
- Drain tofu. Using paper towels, pat off any excess moisture from the block of tofu. Cut tofu into 5 even pieces.
- Gently toss the tofu with the oil and soy sauce.
- Sprinkle the cornstarch over the tofu mixture to evenly coat do not leave any cornstarch clumped.
- Place the tofu on the baking sheet in a single layer and cook for 20 minutes check.
- If not crispy cook for another 5-10 minutes.
- Cook the tofu to 135°F.
- Cut each piece into 3 strips then into 5 pieces each strip. Place in a bowl and toss with sauce and broccoli.

Edamame Preparation

Blanche edamame in boiling water for 1-2 minutes.

Assembly

- In serving container add #4 scoop of rice then to fu mixed with vegetables and sauce, measure out blanched edamame according to the recipe, and add on top. Close the box, label, and serve on the speed line.
- Hold at 135° F until service (CCP 2).
- Add #4 scoop of rice to the bottom of the container.
- Top with 1.5 oz of broccoli, 4.4 oz of tofu, and 2 oz of teriyaki sauce.



FIERY UMAMI BOWL



Cassidy Boardman, Director of Nutrition Services and Ksenia Glenn, Former Director of Nutrition Services, Upland USD

This savory wild rice bowl, topped with crispy baked tofu, roasted veggies, sunflower seeds, and a zesty spicy ginger miso dressing, is a lunchtime favorite at Upland USD. Customize this dish with any veggies you like, but make sure to use firm or extra-firm tofu. Packed with flavor and meeting both the 2 oz. MA and 2 oz. grain requirements, this bowl is a hit with students!





Prep Model: Full Prep

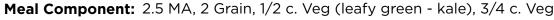


Servings: 100

Allergens:



Soy



(other - cabbage, mushroom, zucchini)



Ingredients	Servings
Wild Rice Blend, Cooked	50 lbs
Tofu, Firm, Baked	37 lbs, 8 oz
Kale, Chopped	25 lbs
Cabbage, Red, Shredded	12 lbs, 8 oz
Zucchini, Coined	100 lbs
Mushroom	12 lbs 8 oz
Seeds, Sunflower, Seasoned	50 oz
Ginger Miso Dressing	50 oz

Preparation

Instructions

- Cook the rice according to instructions.
- Preheat the oven to 350°F. Bake the tofu, zucchini, and mushrooms on sheet pans for 20 minutes.
- Remove the vegetables from the oven, mix the tofu and bake for an additional 15 minutes.
- Season the sunflower seeds and bake for 10 minutes.

Assembly

- Assemble the bowls.
 - o 8 oz rice.
 - o 6 oz tofu.
 - o 1/2 cup kale.
 - o 4 zucchini coins.
 - ∘ 1/4 cup mushrooms.
 - o 1/4 cup cabbage.
 - o 1 tbsp sunflower seeds.
 - o And drizzle with 1 tbsp dressing.



SUPER TOFU STIR FRY



Lacey Piper, Director of Nutrition Services, Rio USD

What began as a family cooking project in collaboration with Friends of the Earth, the Super Tofu Stir Fry has become a highly requested entrée at Rio ESD! Featuring local, organic vegetable varieties that change through the seasons, this dish is always fresh and flavorful. Thanks to the district's 2023-24 CDFA Farm to Fork grant, students even visit local farms to choose their favorite veggies for the stir fry—extra-firm tofu is a must for the perfect texture!



Complexity Rating: 3



Prep Model: Full Prep



Servings: 48

Allergens:



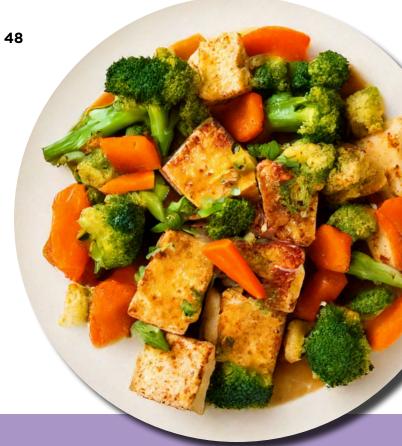
Soy

Meal Component: 2 MA, 0 Grain, 1/4 c. Veg (leafy green - broccoli)

Add or Suggested Components: Can be served over 1 c. rice for a 2 MA,

2 Grain serving.

Equipment: Tilt Skillet



Ingredients	Servings	
Tofu, Firm	8, 14 oz blocks	
Cornstarch	2 cup	
Spice, Garlic, Powder	8 tbsp	
Broccoli, Florets	12 qt	
Carrots, Raw	4 cup	
Ginger, Root, Raw	8 tbsp	
Spice, Garlic, Powder	8 tbsp	
Onions, Spring or Scallion	12 medium	
Stir Fry Sauce		
Soy Sauce, Tamari	8 tbsp	
Cornstarch	8 tbsp	
Water, Tap	8 tbsp	
Spice, Pepper, White	2 tbsp	
Sugar, Granulated	4 tbsp	
Oil, Sesame	4 tbsp	
Sauce, Plant-Based Oyster or Hoisin	8 tbsp	

Instructions

Pre-Preparation (can be done ahead of time)

- Open tofu packets and pat dry with paper towel. Cut tofu into cubes. Leave it in fridge on sheet pan.
- · Cut broccoli into florets and steam.

Preparation (day of)

- Put a layer of vegetable oil in the pan (not just a spray) and add to oven while it preheats to 400°F.
- Sprinkle tofu with vegetable oil and toss with cornstarch and garlic powder (you may need more than 1/2 cup, it should have a light coating of cornstarch on most of the pieces).
- Once the oven is preheated, add coated tofu to the sheet pan with oil and bake in the oven for 4 minutes. Use tongs or a spatula to flip tofu onto the other side and fry for 4 more minutes. Keep in warmer.
- Mix together all ingredients for sauce except sesame oil.
- Heat skillet to high heat. In the skillet, add a little oil and fry garlic, ginger, carrots, and scallion until the carrots begin to get color about 2 minutes.
- Add in broccoli and cook for another 1-2 minutes making sure there is no residual water.
- Add in tofu.
- Add in sauce and stir until everything is lightly coated.
- Remove from heat, add sesame oil, and toss all together.

1.5 cup = 1 Serving

TERIYAKI CRUMBLES WITH HOURANI AND RICE



Alex Emmott, Director of Nutrition Services and Dominic Machi, Former Director of Nutrition Services, Mt. Diablo USD

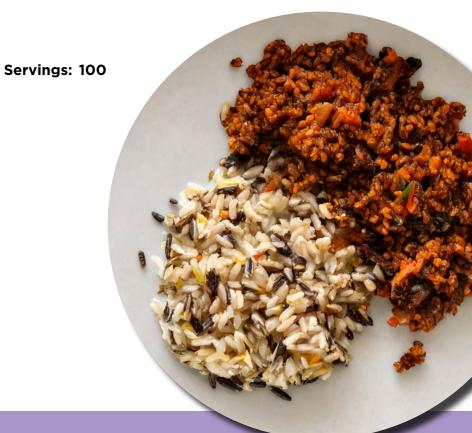
With funding from CDFA Farm to Fork, Mt. Diablo USD teamed up with Marin County's Honore Farms and Mill to create this unique and inspiring entrée. Former Chef Josh Gjersand brought this dish to life, featuring locally grown Hourani wheat berries from Honore Farms and organic vegetables from the district's partnerships with Spork Food Hub and Ag Link. A true celebration of local flavors for a climate-friendly meal!

Complexity Rating: 2	Prep Model: Full Prep
Allergens:	



Wheat

Meal Component: 2 MA, 2 Grain



TERIYAKI CRUMBLES WITH HOURANI AND RICE

Ingredients	Servings	
Hourani with White Rice (88 servings)		
Alternative Grain (e.g., Houra- ni Wheat Berry, Farro, Quinoa, Brown Rice)*	7 lb	
Rice, Sushi, Organic	3 qt 2 cups	
Salt, Kosher	1 tbsp	
Water, Tap	1 gal	
Teriyaki Crumbles (100 servings)		
Sauce, Teriyaki	3 cups 2 tbsp	
Plant-Based Protein Crumble	60 lb	

^{*}Meal pattern component will vary depending on the grain used. Mt. Diablo USD used Hourani Wheat Berry from Honore Farm and Mill for their recipe.

Prepare Hourani with White Rice

- Mix white rice, cooked frozen Hourani, and salt in hotel pan. Add water.
- Wrap, cover and cook in the oven at 350°F for 30-45 minutes or until rice is fluffy and water is cooked out.
- Fluff and hold warm.

Crumbles

Instructions

• Heat crumbles to 165°F, toss in teriyaki, hold in warmer.

Assembly (1 serving)

- Add a #8 scoop cooked rice in serving container.
- Serve #20 scoop or crumbles over rice.
- Serve.

THAI SWEET CHILI QUINOA BOWL



Lieling Hwang, Director of Nutrition Services, Long Beach USD

This easy-to-make rice bowl was created in response to Long Beach USD students' growing demand for plant-based meals, thanks to Director of Nutrition Services Lieling Hwang and Administrative Dietitian Kelly Moffa. Customize it with your students' favorite plant-based nuggets and choose a perfect spicy Thai chili sauce to match! A delicious, quick, and customizable speed-scratch option!





Prep Model: Full Prep



Servings: 105

Allergens:





Sov

Wheat

Meal Component: 2 MA, 2 Grain

Add or Suggested Components: Recommended to add vegetables to meet

vegetable component



		THAI SWEET CHILI QUINOA BOY
Ingredients	Servings	Instructions
Plant-Based Nuggets	420 each	PreparationSet the warmer for an air temperature of 135-145°F.
Quinoa, Parboiled	52 1/2 cups cooked	• Preheat oven to 375°F.
Thai Sweet Chili Sauce	3 bags	 Prepare quinoa and hold. Heat sealed bag of chili sauce in a steamer or in boiling water approximately 45 minutes, until sauce reaches 135-145°F.
		 Place one #20 scoop chili sauce in a 2 oz souffle cup. Place the same number of frozen nuggets on each parchment lined sheet pan, lined up, packed side-by-side.
		 Heat in oven for 12-15 minutes, until temperature reaches 135-145°F. Place one #8 scoop of quinoa in a boat, cup, box, or bowl and top with four nuggets. Place one 2 oz. cup of sauce in container, on top of quinoa.
		 Hold in the warmer no longer than 30 minutes before serving.



ASIAN TOFU AND EDAMAME



Jennifer Le Barre, Executive Director of Nutrition Services, San Francisco USD

This flavorful salad is packed with extra-firm tofu and seasonal veggies from local farmers and food hubs. Served with a hearty whole grain roll to meet the grain requirement, it's a well-rounded meal! The spicy sriracha dressing adds the perfect kick, making it a student favorite at San Francisco USD, especially with secondary students!



Complexity Rating: 2



Prep Model: Full Prep



Servings: 48

Allergens:





Soy

Wheat

Meal Component: 1.5 MA, 1 Grain, 1/2 c. Veg (other - coleslaw cabbage mix), 1/4 c. Veg (red/orange - red pepper and shredded carrots), 1/4 c. Veg (other - cucumber and green onions) HS: 2 MA, 2 Grain, 1/2 c. Veg (other - coleslaw cabbage mix), 1/4 c. Veg (red/orange - red pepper and shredded carrots), 1/4 c. Veg (other - cucumber and green onions)



Ingredients	Servings	
Cabbage Coleslaw Mix	10 bags	
Edamame, Frozen	12 cup	
Tofu, Firm	4, 14 oz packs (MS)	
Red Bell Peppers, Diced	12 count	
Cucumbers, Diced	8 count	
Onions, Green, Chopped	1 cup	
Carrots, Shredded	16 cup	
Cilantro, Chopped	1 cup	
Mandarin, Oranges, Drained	1 can	
Salt	4 tsp (MS) 2 tsp (HS)	
Pepper	4 tsp (MS) 2 tsp (HS)	
Dressing		
Soy Sauce	11/2 cup	
Oil	6 cup	
Vinegar, Rice	2 cup	
Oil, Sesame	2/3 cup	
Lime, Juice	2/3 cup	
Garlic, Minced	6 tbsp	
Agave*	2 cup	
Ginger, Minced	2/3 cup	
Sauce, Hot Chili (e.g. Sriracha)	2 tbsp	
Sesame Seeds	4 tbsp	
Assembly		
Assembly		

^{*}Agave is used to accommodate for students who follow a strictly vegan diet. You can also substitute agave for honey, as needed.

Preparation

Instructions

- Prepare all ingredients for assembly.
- Prepare dressing. Combine all ingredients and mix. Portion however desired.
 - o Recommended: 2 oz dressing into 2 oz plastic souffle cup.
- Set aside and refrigerate.

Assembly Middle School (1 serving)

- In a 32 oz salad container:
 - Place 2 cups of coleslaw mix.
 - o Top with 2 oz scoop of tofu.
 - o Add 1/4 cup edamame.
 - Arrange vegetables and fruits- 1/4 cup mandarin orange, red bell pepper, cucumber, shredded carrots, 1 tsp green onion, and 1 tsp cilantro.
- Warm dinner rolls in warmer.
- Serve salad with one roll.

Assembly High School (1 serving)

- In a 32 oz salad container:
 - o Place 2 cups of coleslaw mix.
 - o Top with 2.5 oz scoop of tofu.
 - o Add 1/4 cup edamame.
 - Arrange vegetables and fruits- 1/4 cup mandarin orange, red bell pepper, cucumber shredded carrots, 1 tsp green onion, and 1 tsp cilantro.
- Warm dinner rolls in warmer.
- Serve salad with one roll.

COWBOY CAVIAR



Julie Clark, Director of Nutrition Services, Del Norte USD

Del Norte's Director of Nutrition Services, Julie Clark, teamed up with Friends of the Earth to create this vibrant, student-approved entrée! Packed with fresh, colorful ingredients including corn, beans and tomatoes, it's a hit with students (and staff!) of all ages. Serve it with whole grain tortilla chips for the perfect finishing touch! Their chef sometimes adds garlic to spice up this delicious entree.





Prep Model: Full Prep



Servings: 150



Meal Component: 2 MA, 0 Grain, 1/8 c. Veg (starchy - corn), 1/8 c. Veg (red/orange - tomatoes), Trace Veg (leafy green - cilantro), Trace Veg (other - onions)

Add or Suggested Components: Add 2 oz tortilla chips to meet 2 Grain



Ingredients	Servings	Instructions
Beans, Black, Canned	4 #10 cans	Preparation • Dice tomato.
Corn, Sweet Yellow, Canned	2 #10 cans	Juice the lime
Tomato, Roma, Medium	40 count	Combine all irServe 1/2 cup
Onion, Red, Raw, Medium	8 count	
Cilantro, Raw	4 cup	
Lime Juice	3 cup	

Preparation

- Dice tomato, red onion, and chop cilantro.
- Juice the lime.
- Combine all ingredients and stir. Alternatively, serve ingredients individually as pictured.
- Serve 1/2 cup Cowboy Caviar per serving.

MEDITERRANEAN GREEK SALAD



Rory McCarthy, Director of Nutrition Services, Campbell UHSD

Salads are a hit with California high school students, and this Mediterranean Greek Salad is no exception! Campbell UHSD's Director of Nutrition Services, Rory McCarthy, swaps in fresh, seasonal local vegetables for a burst of flavor. Serve with plant-based feta, beans and a whole grain roll or crackers to make it a well-rounded, satisfying meal!





Prep Model: Full Prep



Servings: 50



Meal Component: 2 MA, 1 Grain, 1/2 c. Veg (leafy green - romaine), 1/4 c.

Veg (red/orange - tomato), 1/4 c. Veg (other - cucumber,

olives, red onion)

Add or Suggested Components: Add 1 oz roll to meet 2 Grain



MEDITERRANEAN GREEK SALAD

Ingredients	Servings
Romaine, Chopped	6 gal 1 qt
Beans, Garbanzo	6 1/4 lb
Tomato, Grape	250 count
Cucumbers, Sliced	200 slices
Croutons	100 bags
Plant-Based Feta Cheese*	3 1/4 lb
Olive, Kalamata	400 olives
Onion, Red	100 slices

^{*}Plant-Based Cheese is used to accommodate for students who follow a vegan diet.

Preparation

Instructions

- Drain garbanzo beans.
- Prepare and chop all ingredients.

Assembly (1 serving)

- 2 cups of romaine.
- 2 oz garbanzo beans.
- 5 grape tomatoes.
- 4 cucumber slices.
- 2 bags of croutons.
- 1 oz plant-based feta.
- 8 olives.
- 2 slices of onions.

TANGERINE SUNSHINE SALAD WITH EDAMAME AND BREAD



Alyssa Burgers, Director of Nutrition Services, Oxnard UHSD

Oxnard UHSD's Director of Nutrition Services, Alyssa Burgers, brightens up the menu with her alluring Tangerine Sunshine Salad, featuring local, organic tangerines and protein-rich edamame. The red onions and rich spinach base bring both flavor and color to this refreshing dish. Thanks to support from Friends of the Earth, Alyssa hangs student-made banners in cafeterias to promote her delicious plant-based meals!





Prep Model: Full Prep



Servings: 50

Allergens:



Wheat

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (leafy green - spinach), 1/8 c. Veg

(red/orange - red peppers), 1/8 c. Veg (other - cucumber,

onion), 1/4 c. Fruit (oranges)



TANGERINE SUNSHINE SALAD WITH EDAMAME AND BREAD

Ingredients	Servings
Spinach, Raw	25 cup
Onion, Raw	3 1/4 cup
Peppers, Sweet, Red, Raw	150 slices
Tangerines or Mandarin Oranges, Fresh or Canned (Drained)	12 1/2 cup
Lettuce, 3-way mix	50 servings
Edamame, Frozen, Prepared	25 cup
Bread Sticks, Pan Baked	50 count
Vinaigrette, (e.g. your preference)	50 servings

Preparation

Instructions

- Bake bread sticks according to manufacture directions.
- Wash and dry baby spinach. Place in a hotel pan. If preparing a day before, cover and store spinach separately from other ingredients in refrigerator.
- Thinly slice red onion, bell pepper, and cucumber.

Assembly (1 serving)

- Gently combine all ingredients:
 - o 1/2 cup spinach.
 - o 1 tbsp sliced onions.
 - o 1 tbsp sliced bell pepper.
 - o 3 slices cucumber.
 - o 1/4 cup tangerines (or mandarin oranges).
 - o 1 pt lettuce mix.
 - ∘ 1/2 cup edamame.
- Toss with your preferred vinaigrette right before service and serve with one bread stick.



AVOCADO HUMMUS WRAP



Kristen Teckell, Director of Nutrition Services, Napa Valley USD

This creamy Avocado Hummus Wrap is packed with flavor and freshness, featuring smooth avocado hummus, crisp veggies, and a zesty lemon kick. Wrapped in a flour tortilla, it's a satisfying, plant-based meal that's perfect for any lunch menu.





Prep Model: Full Prep



Servings: 50

Allergens:



Wheat

Meal Component: 3 MA, 2.5 Grain, 1/4 c. Veg (leafy green - lettuce), 1/4 c.

Veg (red/orange - tomato and carrot), 1/4 c. Veg (other -

avocado, cucumber)

Equipment: Food Processor



Ingredients	Servings	Instructions
Avocado Hummus (50 servings)		Avocado Humn
Avocado	8 count	Drain garbanzAdd garlic an
Bean, Garbanzo	4 #10 cans	Add olive oil, processor and
Lemon, Juice	1 cup	 Place product Hold at 41°F c
Garlic, Minced, Raw	3/4 cup	Assembly (1 sePlace room te
Oil, Olive Canola	3/4 cup 2 tbsp	Spread a #6 sTop hummus
Salt, Kosher	Salt, Ko- sher	Arrange a rov (1/4 cup).Roll wrap up
Assembly		• Hold wraps re
Tortilla, 10" Flour	50 count	
Lettuce, Green Leaf	50 leaves	
Cucumber, Whole	100 slices	
Carrots, Shredded	12 1/2 cups	
Avocado Hummus	see above	
Tomato, Raw	100 slices	

Avocado Hummus

- Drain garbanzo beans and save the bean juice for a later step.
- Add garlic and avocado to food processor and process until chopped.
- Add olive oil, lemon juice, salt, garbanzo beans, and 2 1/4 cups bean juice in a food processor and blend until smooth.
- Place product in fish tubs, cover, label, date, and chill to 41°F or below within 4 hours.
- Hold at 41°F or below until ready to transport and serve.

Assembly (1 serving)

- Place room temperature tortilla on workstation.
- Spread a #6 scoop (4oz) of hummus onto the tortilla.
- Top hummus with 1 leaf lettuce.
- Arrange a row each of cucumber (2 slices), tomato (2 slices) and shredded carrots (1/4 cup).
- Roll wrap up "burrito style" ending with seam side down. Cut wrap in half on bias.
- Hold wraps refrigerated at 40°F or below until ready to serve.

BUFFALO HUMMUS AND CAULIFLOWER WRAP



Josh Goddard, Director of Nutrition Services, Santa Ana USD

Driven by student demand for more climate-friendly options, Santa Ana USD's Director of Nutrition Services, Josh Goddard, introduced "Plant-Based Wednesdays," featuring plant-based lunch entrées on K-12 menus. Crispy, spiced cauliflower pairs perfectly with creamy buffalo hummus, wrapped in a whole wheat tortilla for a satisfying, climate-friendly school meal.





Prep Model: Full Prep



Servings: 80

Allergens:





Sesame

Wheat

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (leafy green - lettuce), 1/4 c. Veg

(other - cauliflower), 1/4 c. Veg (red/orange - tomato)

Equipment: Food Processor, Tilt Skillet



BUFFALO HUMMUS AND CAULIFLOWER WRAP

Ingredients	Servings	
Buffalo Hummus: 80 Servings		
Garlic, Clove, Whole, Peeled	60 cloves	
Garbanzo Beans, Canned	4 #10 cans	
Juice, Lemon	2 cup	
Red Hot, Sauce (e.g. Franks Red Hot Sauce)	2 cup	
Tahini	2 cup	
Salt, Kosher	1/2 cup	
Spice, Cumin	1 tbsp 1 tsp	
Spice, Cayenne, Pepper	2 tsp	
Spice, Black Pepper, Ground	1 tbsp 1 tsp	
Oil, Vegetable	2 cup	
Wet Dredge: 80 servings		
Flour, All Purpose	1 cup	

Water, Hot, Tap	2 cup	
Salt, Kosher	2 tsp	
Spice, Pepper, Black, Ground	2 tsp	
Dry Dredge		
Panko	24 lb	
Corn Meal	20 lb	
Spice, Pepper, Cayenne	2 cup	
Spice, Paprika, Ground	4 cup	
Spice, Pepper, White, Ground	4 cup	
Spice, Oregano	4 cup	
Spice, Garlic, Granulated	4 cup	
Spice, Onion, Powder	4 cup	
Spice, Chili, Powder, Dark	4 cup	
Salt, Kosher	4 cup	
Crispy Cauliflower: 80 servings		

Cauliflower	280 lb	
Wet Dredge	80 Servings	
Dry Dredge	Full recipe from above	
Assembly: 1 serving		
Crispy Cauliflower	6 oz	
Buffalo Hummus	1/2 cup	
Tortilla, Wheat, 12"	1	
Tomato, Sliced	2 slices	
Romaine, Chopped	1/4 cup	

Instructions

Buffalo Hummus

- Roast garlic. Wrap garlic cloves with foil or place in a small 1/3 pan covered with foil. Add a splash of oil before wrapping or covering.
- Roast at 425°F for 15-20 minutes. Garlic should be tender when finished.
- In a food processor combine all ingredients along with the roasted garlic previously made and 1 cup of the garbanzo bean brine for every single can of garbanzo beans to the bowl with the blade attached. Process until mostly smooth and homogenous. About 3-4 minutes.

Wet Dredge

• Combine wet batter ingredients well. Use an immersion blender and blend until homogenous.

Dry Dredge Crispy Cauliflower

- Combine dry batter ingredients well.
- Place it in a Cambro and store it in dry storage for up to 6 months.

Crispy Cauliflower

• Make in 5 lb batches at a time.

- Pour wet dredge (1/2 cup) over cauliflower in a 400°F pan and coat all pieces well. Using a small immersion blender, blend all ingredients.
- Pour 3 cups of dry dredge over cauliflower and toss until all pieces are coated evenly.
- Place breaded cauliflower on to sheet trays with non-stick cooking spray. Roast at 375°F for 15-20 minutes, or until golden brown and crispy. Remove and bring temperature down to room temperature. Place in walk-in if not using immediately.
- Repeat process for all batches.

Assembly for Buffalo Hummus & Cauliflower Wrap (1 serving) for immediate service

- On a 12-inch tortilla, place 1/2 cup of buffalo hummus, two slices of tomato, a pinch of lettuce and finally a 6 oz scoop of crispy cauliflower.
- Wrap in 12X12 deli paper and place a green sticker to secure wrap. Place in a basket to put on speed lines.

Can be prepared in advance, cooled and transported for assembly at satellite site locations.

PHILLY CHEESESTEAK SANDWICH



Christina Lawson, Director of Nutrition Services, Western Placer USD

This recipe was originally developed by Richard Wilim, current Director of Nutrition Services at Redwood City ESD. Western Placer USD's Director of Nutrition Services, Christina Lawson, partners with local San Francisco Bay Area vendor, Chef Chew, to create a mouth-watering, plant-based twist on the classic Philly Cheesesteak! It is packed with flavorful roasted peppers, grilled onions, and melted plant-based provolone. This counts as a 2 oz. MA and 2 oz Grain meal or make a larger serving size for your high school students.





Prep Model: Full Prep



Servings: 70

Allergens:





Wheat

Sov

Meal Component: 2.75 MA, 2.5 Grain, 1/2 c. Veg (other - peppers and onions)



PHILLY CHEESESTEAK SANDWICH

Ingredients	Servings
Bun, Hoagie, 6"	70 count
Mayo, Plant-Based, Garlic and Herb	70 #40 scoop
Cheese, Plant-Based, Sliced	70 slices
Steak, Plant-Based, Shredded	27 - 7 oz packages #12 scoop
Roasted Pepper	2 lbs
Onions	2 lbs

Preparation

Instructions

- Slice and roast vegetables in oven at 350°F for 15 minutes or until tender. Place in hotbox until ready to use.
- Evenly spread seasoned plant-based steak on a sheet pan and bake at 400°F for 5-10 minutes, and plant-based steak will brown and crisp in some spots. Hold in hotbox until ready to use.

Assembly

- Spread 1 #40 garlic mayo on bread.
- Place one #12 scoop warm plant-based meat on bread.
- Place one #16 scoop warm roasted veggies on top of plant-based meat.
- Cover everything with 1 slice of plant-based cheese.
- Bake whole sandwiches on a sheet pan in oven at 440°F for 2-3 minutes. Plate and serve immediately or hold in hotbox for service.

THAI BEAN WRAP



Jamie Anderson, Food Service Supervisor, Banta ESD

Banta ESD's Nutrition Service Supervisor, Jamie Anderson, teamed up with Friends of the Earth to boost plant-based options on the menu, and this Sweet Thai Bean Wrap is the delicious result! With a bold, mouthwatering flavor profile, it's an easy-to-assemble favorite that students can't get enough of.





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

Soy

Meal Component: 2 MA, 2.5 Grain, 1/8 c. Veg (other - cabbage coleslaw)



Ingredients	Servings
Sun Butter Sauce	
Sun Butter	55 oz
Soy Sauce, Low-Sodium	1 1/4 cup
Sauce, Sweet Chili	5 tbsp
Agave*	1 1/4 cup
Lime, Juice, Bottled	1 1/4 cup
Thai Slaw	
Plant-Based Mayonnaise	5 cups
Sauce, Hot Chili (e.g. Sriracha)	1 1/4 cup
Juice, Lime, Bottled	1/2 cup 2 tbsp
Cabbage, Shredded, Coleslaw Mix	15 cups
Mint	optional
Cilantro	optional
Sweet Thai Chili Beans	
Sauce, Thai Chili	1 lb 9 oz
Beans, Black, Canned	1 1/2 gal, 1 cup
Assembly	
Tortillas, Whole Wheat, 10"	50 count

^{*}Agave is used to accommodate for students who follow a strictly vegan diet. You can also substitute agave for honey, as needed.

Instructions

Sun Butter Sauce

• In a bowl combine the sun butter, soy sauce, sweet chili sauce, agave*, and lime juice. Hold under refrigeration until ready to serve. (Stores for up to 5 days).

Thai Slaw

• In a large bowl combine slaw mix, hot chili sauce, cilantro, plant-based mayonnaise, mint, and lime juice. For the best flavor mix the slaw the day prior. (Slaw will hold under refrigeration for up to 3 days).

Beans Sweet Thai Chili

• Toss black beans in the sweet Thai chili sauce and put in a hotel pan, cover, hold at 145°F until ready to serve.

Assembly (1 serving)

- Heat tortillas according to package, hold warm until ready to build tacos.
- Add 11/2 tbsp Thai-style sun butter down the center of each taco.
- Use a #8 scoop (4 oz) and add sauced black beans to taco.
- Use a #16 scoop (1/4 cup) to top each taco with the Thai slaw and serve.

VEG HUMMUS RAINBOW WRAP



Kerry Billner, Director of Nutrition Services, Los Gatos Union SD

Los Gatos USD's Director of Nutrition Services, Kerry Billner, created this beautiful wrap to showcase a rainbow of vegetables from local, organic California vendors. As a true pioneer in plant-based meals, she consistently crafts colorful, delicious recipes that her students love. This wrap is a perfect grab-and-go option that holds up well in transport!





Prep Model: Full Prep



Servings: 200

Allergens:



Sesame

Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange - tomato), 1/4 c.

Veg (other - cucumber), 1/4 c. Veg (leafy green - lettuce)

Equipment: Immersion Blender



Ingredients	Servings	
Hummus (200 servings)		
Beans, Garbanzo	8 #10 cans	
Tahini (e.g. Roland)	1 jar	
Garlic, Fresh, Chopped	1/4 cup	
Lemon, Juice	2.5 cup	
Cumin	3 tbsp	
Salt	6 tbsp	
Pepper, Lemon	1 tbsp	
Paprika, Ground	2 tbsp	
Oil, Extra Virgin Olive	3 cups	
Water, Ice Cold	1-2 quarts as needed for texture	
Baking Soda	2 tsp	
Assembly		
Tortilla 10", Wheat	200 count	
Lettuce	6 lb 9 1/2 oz	
Tomato	200 slices	
Cucumber	50 cups	

Instructions

Hummus

- Add beans, garlic, oil, and some water to an 18-22 qt. Lexan or Cambro round and blend with an immersion blender on high until almost smooth.
- Add remaining ingredients and blend until smooth. You may need additional water, depending on the preferred texture.

Assembly (1 serving)

- Pull wheat tortillas and make sure they are at room temp or slightly warm.
- Add 2/3 cup hummus to base of the tortilla using #6 white (Vollrath) scoop/disher.
- Add 1/2 cup lettuce (mixed greens, baby spinach).
- Add seasonal veggies up to 3/4 cup (red bells, cucumber, diced tomatoes).
- Roll the tortilla over the hummus and veggies, fold in on each side so it stays contained.





HULI HULI TOFU MUSUBI



Rebecca Steffler, Director of Nutrition Services, Walnut Creek ESD

Resembling a sushi roll, this creative school meal incorporates sushi rice and nori seaweed. Students love the flavor profile and the compactness of this dish. Make sure to use extra firm tofu —as Walnut Creek ESD's Director of Nutrition Services, Rebecca Steffler, recommends —so that this will hold well.





Prep Model: Full Prep



Servings: 50

Allergens:





Sesame

Soy

Meal Component: 2 MA, 2 Grain - no vegetables (cucumber or sprouts could be added) - Nori may be present in trace amounts.



Ingredients	Servings	
Huli Huli Marinade (3 cups)		
Pineapple, Juice	3 tbsp 1/2 tsp	
Sugar, Brown	2 1/2 tsp	
Vinegar, Rice	2 1/2 tsp	
Ketchup	1 tbsp 1 3/4 tsp	
Oil, Sesame	3/4 tsp	
Garlic, Raw	1 tbsp 1 3/4 tsp	
Ginger, Fresh	1 tbsp 1 3/4 tsp	
Tofu Musubi		
Tofu, Extra Firm	7 lbs	
Rice, Sushi	8 cups	
Nori	25 sheets	
Sunflower Seeds, Packet	50 count	
Huli Huli Marinade	see above	
Tools		
Musubi Mold		

Huli Huli Marinade

Instructions

- Combine all ingredients in a large plastic container and puree with an immersion blender until smooth.
- Store in a plastic container with a tight-fitting lid below 41°F...

1 week before

• Freeze the tofu in the container it came in.

5 days before

• Pull the tofu from the freezer to thaw.

2 days before

Pull the number of Lexans and perforated Lexans needed to press the tofu. You will need 2
Lexans to 1 perforated Lexan. Set the perforated Lexan into a Lexan with enough room to
drain and place tofu in one layer in the perforated pan. Cover it with a sheet of parchment
paper and place another Lexan on top, making sure the bottom of the Lexan is resting on
the covered tofu. Place 4 #10 cans in the Lexan on top of the tofu with the weight of the
cans evenly distributed. Hold below 41°F overnight.

1 day before

- Pull the tofu, remove the #10 cans, and Lexan weighing it down.
- Cut each block of tofu into 6 portions horizontally and lay flat in a hotel pan. Place 22 pieces in one layer, 2 rows of 9 horizontally and 1 row of 4 vertically. Once there is one even layer, cover it with 1 cup of marinade. Continue until all the tofu is portioned and the marinade is used. Cover and store below 41°F overnight.

Day of

- Preheat oven to 325°F.
- Line sheet trays with parchment paper and wire racks. Heavily spray racks with pan spray. Line tofu up on racks in rows of 5x6 leaving enough space in between so it doesn't touch.
- Bake in the oven for 15 minutes, then rotate and bake for 15 more minutes. The tofu is done when it has reached a temperature of 140°F and has turned dark golden brown in color. Assemble musubi immediately or hold them in warmer at 150°F until ready to assemble.

Rice

- Preheat oven to 350°F.
- Spray hotel pan(s) needed for rice generously with pan spray.
- Measure the amount of sushi rice delivered in the appropriately sized measuring pitcher.

 The amount of rice in volume will be the amount of water needed to cook the rice.
- Transfer the rice to either a mesh strainer or a container doubles its size to rinse the rice. Using cool water, gently agitate the rice frequently and rinse it until the water runs clear.

Instructions

• Place the rice in the hotel pan and cover it with water. Cover with parchment paper and aluminum foil and place in oven. Cover for 25 minutes and rotate the pan, cooking 25 minutes longer. At this point, check the rice for doneness. The rice will be done when it's tender, all the water has been absorbed, and it has reached 140°F. If it's not ready after 50 minutes, continue baking in 5-minute increments until it is done. Slowly and carefully pull back the foil and parchment to release all the steam. Once the steam has escaped, cover it with a lid or foil and hold it in the warmer 150°F.

Assembly

- Set up a Musubi assembly station. You will need a cutting board, cooked rice, tofu, nori sheets, musubi mold, and a #10 scoop.
- Lay one half-sheet of nori on your work surface, rough (textured) side up and shiny side down. Stand the musubi mold upright in the center of the nori sheet so there's equal nori overhang on both ends.
- Scoop one level #10 (~3 tbsp) of cooked sushi rice into the mold. Use the top presser to push down firmly, creating a uniform, compact rice block. Then, release the rice. While keeping the presser in place, gently tilt the rectangular mold body toward you until the rice block slides out onto the nori.
- Lay a single piece of hot, seasoned tofu on top of the rice.
- Fold one overhanging end of nori up and over the tofu. Press gently to adhere. Moisten two grains of rice (or a small dab of water) and spread onto the exposed nori edge as "glue." Press the remaining nori flap on top to seal.
- Arrange finished musubi, seam-side down, in a single layer on a sheet tray or hotel pan. Cover loosely with plastic wrap, then keep warm at 150 °F until ready to serve.

ORANGE PLANT-BASED NUGGETS WITH HOURANI AND RICE



Alex Emmott, Director of Nutrition Services and Dominic Machi, former Director of **Nutrition Services, Mt. Diablo USD**

Mt. Diablo USD features this fantastic recipe, made with local hourani from a local producer, Honore Farm and Mill. Students say it's reminiscent of their favorite Orange Chicken recipe! The smooth, flavorful orange sauce adds a delicious flair to the plant-based nuggets.





Prep Model: Full Prep



Servings: 50

Allergens:





Wheat

Soy (depending on product used)

Meal Component: 2 MA, 2 Grain, no Veg



ORANGE PLANT-BASED NUGGETS WITH HOURANI AND RICE

Ingredients	Servings	
Hourani and White Rice (50 servings)		
Water, Tap	1 qt 2 oz	
Salt, Kosher	2 tsp	
Hourani Wheat Berry	3 lb	
Rice, Organic, Sushi	2 lb	
Orange Plant-Based Nuggets		
Sauce, Orange Zesty	25 oz	
Hourani w/ White Rice	50 servings	
Plant-Based Nuggets	250 count	

Hourani Wheat Berry

Instructions

• Pre-cook Hourani rice 1-2 days before service, cool and freezer with a tight-fitting lid below 41°F.

Hourani and White Rice

- Mix white rice, and pre-cooked frozen Hourani and salt in hotel pan. Add water.
- Wrap, cover and cook in the oven at 350°F for 30-45 minutes or until rice is fluffy and water is cooked out.
- Fluff and hold warm.

Orange Plant-Based Nuggets

- Heat plant-based nuggets in oven until it reaches 165°F.
- Mix nuggets with sauce and hold in warmer.

Assembly

- Scoop 1/2 cup cooked rice into serving container.
- Scoop 3.6 oz plant-based chicken nuggets and sauce mixture over rice.
- Serve.

STICKY SZECHUAN DUMPLINGS WITH RICE AND TOFU



Jennifer Le Barre, Executive Director of Nutrition Services, San Francisco USD

These Sticky Szechuan Dumplings feature a perfect combination of fresh and powdered ginger, delivering a bold savory flavor. These delicious plant-based dumplings, with firm tofu ensure a satisfying, protein-packed meal.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 50

Allergens:





Sesame

Soy

Meal Component: 2 MA, 2 Grain (HS), 1.5 MA, 1 Grain (MS)



STICKY SZECHUAN DUMPLINGS WITH RICE AND TOFU

Ingredients	Servings
Rice, Cooked	50 servings
Edamame Dumplings	2 bags
Tofu, Extra Firm, Drained, Cut into Cubes	Middle school- 8x14 oz High school- 12x14oz
Tofu Marinade - Middle School	
Soy Sauce	1/2 cup
Spice, Garlic, Powder	1/2 tsp
Spice, Ginger, Powder	1/2 tsp
Spice, Pepper	1/2 tsp
Tofu Marinade - High School	
Soy Sauce	1 cup
Spice, Garlic, Powder	1 tsp
Spice, Ginger, Powder	1 tsp
Spice, Pepper	1 tsp
Szechuan Marinade	
Soy Sauce, Tamari	11/3 cup
Vinegar, Apple Cider	2/3 cup
Spice, Red Pepper, Flaked	1 tbsp
Oil	3 tbsp
Oil, Sesame	4 tbsp
Garlic, Chopped	1/2 cup
Ginger, Chopped	1/4 cup
Green Onions, Minced	1/2 cup
Sugar, Brown	1/2 cup
Sesame Seeds	garnish

Instructions

Tofu

- · Drain tofu and cut it into cubes.
- Prepare marinade. Mix together soy sauce, garlic, ginger, and pepper.
- Preheat the oven to 350°F.
- Cook for 20 minutes.

Rice

• Prepare rice in rice cooker.

Dumplings

- Prepare marinade. For Szechuan Marinade mix together soy sauce, apple cider vinegar, red pepper flakes, oil, sesame oil, garlic, ginger, minced green onions, and brown sugar.
- Add dumplings.
- Cover the pan with foil and cook for 1 hour.
- Prepare rice in a rice cooker.

Assembly (Middle School)

- Scoop 4 oz of steamed rice, add 2 edamame dumplings and scoop 2 oz of tofu. Garnish with sesame seeds.
- Hold for hot service at or above 135°F.

Assembly (High School)

- Scoop 8 oz of steamed rice, add 2 edamame dumplings, and scoop 3 oz of tofu. Garnish with sesame seeds.
- Hold for hot service at or above 135°F.

TIPS FOR MARKETING PLANT-BASED SCHOOL MEALS

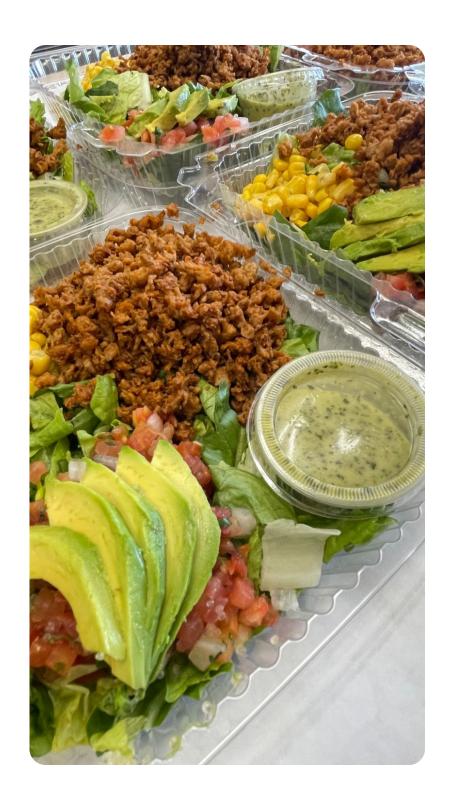
Effectively marketing plant-based meals to students can make nutritious options more enticing, leading to greater satisfaction and higher participation in school meal programs. By adopting taste-forward marketing strategies and engaging language that resonates with students, schools can generate excitement around climate-friendly, plant-based entrees.

Tip #1: Focus on Flavor Driven Names

Taste is the primary driver of student meal selection. When students associate healthy, plant-based, and climate-friendly meals with great taste, it helps break down barriers to acceptance and encourages them to try something new. By emphasizing the delicious flavors and textures of these meals, schools can create a positive experience that students are eager to embrace.

Examples include:

- "Southwest Veggie Tacos" instead of "Black Bean Tacos"
- "Zesty Marinara Pasta" instead of "Vegan Spaghetti"
- "Crispy BBQ Cauliflower Bites" instead of "Roasted Cauliflower"
- "Sweet & Spicy Singapore Curry Noodles" instead of "Noodle Bowl"
- "Teriyaki Veggie Bowl" instead of "Veggie Bowl"
- "Spicy Nachos with Cheese" instead of "Nachos"
- "Creamy Cauliflower Tikka Masala" instead of "Cauliflower Tikka Masala"







Tip #2: Describe the Experience

Describing the experience of a meal, such as "savory, slow-simmered lentils with a hint of garlic," engages students' senses and sparks their curiosity. It helps them visualize and anticipate the flavor, making the meal more enticing and memorable. This approach not only highlights the taste but also elevates the perception of plant-based meals, making them feel more gourmet and exciting to try.

Examples include:

- "Creamy coconut curry with tender vegetables and fragrant spices" –
 This highlights the rich texture and aromatic flavors of the dish.
- "Crispy chickpea tacos with zesty lime crema and fresh avocado" This emphasizes the contrast between crispy and creamy elements while teasing the fresh toppings.
- "Smoky grilled portobello mushrooms topped with a tangy honey glaze" - This conveys the savory depth and umami flavors of the mushrooms with a hint of sweetness.
- "Hearty crunchy salad with roasted sweet potatoes, crunchy almonds, and a citrusy vinaigrette" This focuses on the wholesome, satisfying ingredients and the bright, refreshing dressing.

Tip #3: Eliminate Phrases Like "Vegan" or "Plant-Based"

Eliminating words such as "vegan" from dish names can make meals feel more inclusive and appealing to a broader audience, as some students may have preconceived notions about plant-based foods. Focusing on the delicious flavors and experiences allows the dish to stand on its own merit without labels that might deter non-vegan eaters. This approach helps shift the focus to the taste and quality of the meal, making it more enticing for all students.

Tip #4: Use High-Quality Images

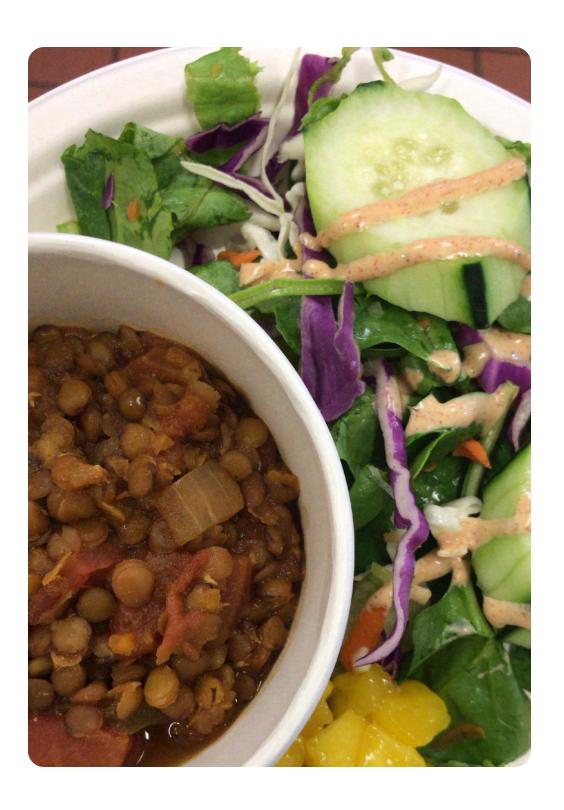
Including vibrant, high-quality images of the meals can make a huge difference in attracting students. Students are more likely to try a dish if it looks visually appealing, so showcasing meals in a way that highlights their colors, textures, and overall presentation can help spark interest and encourage selection.

Tip #5: Highlight Environmental Benefits

Describing the dish as "climate-friendly" aligns with students' growing awareness about environmental sustainability and concern about climate change. Highlighting the environmental benefits of plant-based meals can foster a sense of pride and responsibility. This approach also taps into a growing trend of students wanting to support initiatives that contribute positively to the health of our planet.

Tip #6: Offer Customization Options

Allowing students to customize their meals—like choosing toppings, adding sauces, or mixing and matching sides—gives them a sense of ownership over their meal and enhances the likelihood they'll enjoy it. Marketing these options, such as "build your own pho soup bowl," can increase student engagement and participation.







Tip #7: Use Fun and Playful Language

Incorporating playful or whimsical language can make school meals feel more fun and relatable to students. For example, referring to a healthy salad as "a crunchy rainbow of flavor" or a veggie burger as "a savory veggie stack" or a soup with pasta shells as "mermaid soup" can help make meals feel more approachable and exciting.

Tip #8: Stuck on Marketing? Try ChatGPT!

ChatGPT can assist your nutrition service team by generating engaging phrases that appeal to students' senses, such as "crispy chickpea tacos with a zesty lime crema," making healthy, plant-based school meals more appetizing. It can also suggest catchy meal names, taglines, and promotional ideas, simplifying the process of marketing meals to students!

Type in "Give me 10 taste-forward name suggestions for [NAME OF DISH] which would appeal to K-12 students" into ChatGPT to get a list of suggestions!



Tip #9: Maximize Take Rates Through Creative Menuing and Feedback

- Rotate new plant-based meals throughout the school year to maintain student interest.
- For higher take rates, refrain from serving plant-based meals on the same day as the most popular meat and dairy dishes.
- Use surveys, cafeteria observation, and sales data to refine offerings and identify popular meals.
- If you have staffing capacity, set up interactive build-a-meal stations where students can customize their plant-based meals by selecting from various healthy ingredients.
- By featuring student-driven ingredients (e.g., school garden produce), you can maximize student connection to their food.

Tip #10: Get Students Involved in Menu Development

Work with clubs and school leaders to establish a group of student representatives to provide input on school meals, including taste-tests, feedback, and marketing strategies. You can recruit and train student ambassadors to promote plant-based meals among their peers and act as cafeteria ambassadors during lunch time, encouraging peer participation and ensuring meals reflect student preferences and foster a sense of ownership.

Other Ways to Involve Students:

- Engage students in contests like Shark Tank (pitching plantbased meals) or Top Chef (teams crafting the best dish) to generate new plant-based school meal ideas.
- Encourage students to capture <u>high-quality photos</u> of plant-based meals and share them on your district's social media pages.
- Inspire students to take an active role in promoting school meals with plant-based art competitions to hang in the cafeteria or feature on menus.
- <u>Canva</u> is a great tool for creating customized marketing materials.

Tip #11: Encourage Student Taste-Testings

- Host a "Taste-Testing" or "Try It" event to offer samples while students are in line to encourage students to try new plantbased entrees on the menu.
- Prior to selecting new plant-based menu options, implement
 a sampling day where students try different versions of plantbased meals and/or products, such as tempeh or a plant-based
 burger, and provide feedback (e.g., taste-testing three kinds of
 plant-based burritos). For more information on taste-testing,
 see FoodCorps <u>Taste Test Guide</u>.

Tip #12: Incorporate Plant-Based Lessons in Classrooms

Encourage teachers and/or garden educators to highlight the benefits of plant-based in their classrooms or bring partners into their classrooms to educate students. For sample curriculum or to ask for educational support, visit Health Kids Happy Planet.

Tip #13: Invite Parents to Get Involved

Provide bite-sized portions of plant-based menu items to parents and students at school events such as Back to School Night. Engage families with a "Family Food Night" by providing plant-based meal ideas, cooking demonstrations, and nutrition education through virtual or in-person events.







Tip #14: Engage Staff with Hands-On Training

Provide hands-on culinary training for nutrition service staff on preparing, serving and marketing plant-based meals to help boost confidence and generate interest. To learn more, visit Culinary Institute of America's <u>Plant-Forward Kitchen</u> or Chef Ann Foundation's <u>School Food Institute</u>.

Tip #15: Promote Plant-Based Meals to Community Members

Highlight menu features, student testimonials, and meal benefits through newsletters, websites, and district social media. Share engaging content like high-quality plant-based meal photos, staff spotlights, and student-led taste test results. Encourage parents, school board members, and administrators to champion plant-based school meals. Their support can drive policy changes, secure funding, and strengthen school meal initiatives.

Tip #16: Implement a Themed Plant-Based Day

Work with non-profit partners and your school wellness committee to implement a themed day such as <u>Meatless Monday</u>, <u>Climate-Friendly Wednesday</u>, or other themed calendar-day that promotes plant-based meals. Use events like Earth Month, National Nutrition Month, or School Lunch Hero Day to highlight the environmental and health benefits of plant-based school meals.



Friends of the Earth's Climate-Friendly School Food Program helps school districts make the shift toward delicious and nutritious plant-based and organic school meals. We provide technical assistance and marketing resources to support districts with successful menu development and promotion strategies. We also partner with school districts and NGOs to advocate for state and federal policy change. For more information or to request support, please email climatefriendlyfood@foe.org.





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