

Plant-based products for K12 schools

WHAT ARE PLANT-BASED PRODUCTS?

Plant-based products include prepared plant-based proteins like vegan beef, chicken, pork and egg products; other plant-based proteins like tofu and tempeh; and plant-based dairy products like non-dairy milk and dairy-free cheese.

WHY MENU PLANT-BASED PRODUCTS?

There are so many benefits to adding plant-based products to your menus.

- There is an [increased demand](#) for plant-based meals among K-12 students.
- Plant-based meats are high in protein.
- Plant-based products can help your operation meet the demand for more plant-based meals while also keeping prep-time low.
- Plant-based dairy products are a delicious and nutritious option for the rising population of students that are lactose intolerant or allergic to dairy.
- Offering plant-based products gives students a wider variety of healthy options.
- Plant-based products are more sustainable than animal foods.



GroundPro is perfect for blended dishes. We have been using it in Sloppy Joes and kids are loving it!



Food Service Director
California

Check out our full list of prepared plant-based products for K-12 operators [here](#).



→ [SEE MORE](#)

Check out our Crispy Impossible Black Bean Shepherd's Pie recipe (pictured above) [here](#).

HOW TO INCORPORATE PLANT-BASED PRODUCTS ON YOUR MENUS

- Menu meals that include plant-based products *in addition to* whole-food plant-based meals that use plant-based protein sources like beans, legumes and hummus.
- Consider using a combination of legumes and plant-based meat in a recipe to keep protein high and costs low.
- Serve [veggie burgers](#) daily or weekly.
- Offer plant-based ‘chicken’ nuggets (like Rebellyous) *alongside* conventional chicken nuggets.
- Incorporate [our K-12 recipes](#) onto your menus regularly.
- Use plant-based ground ‘beef’ crumbles (like [Deeply Rooted](#), [GroundPro](#), [Impossible Foods](#) or [Morningstar Farms](#)) to replace the meat in your *existing recipes* for things like spaghetti, tacos, burritos, chili, etc.
- Test out recipes that utilize high-protein and approved meat alternatives like [tofu](#) and [tempeh](#).
- Set up a *sampling table* for new plant-based menu items and give students the opportunity to give their feedback.
- Offer CN-labeled plant-based milk options like [Ripple](#) for students who can’t consume dairy.
- Market your plant-based offerings with helpful, educational and fun *signage* to get students excited.
- Focus on naming your plant-based entrée in a way that highlights the flavor and texture of the dish and avoid including words like “vegan,” “meatless,” “vegetarian” and “meat-free” in the name.



→ SEE MORE

We have hundreds of non-proprietary recipes for K-12 food service professionals that meet the USDA guidelines available on our website [here](#).

“I’m really happy with my Deeply Rooted crumbles! It’s served on Meatless Monday, but I don’t emphasize the fact that it’s a meat substitute. The kids who care know it is, and the other ones just know it’s delicious! Surprisingly, the elementary kids love it the most.”



Food Service Director
Middlesex County, Connecticut



K-12 success story

On days it is served as the primary entrée, Impossible products see approximately 40% participation, which is comparable to that of animal-based entrees. By intentionally not highlighting it as exclusively a vegan/vegetarian option, it has allowed for Impossible products to appeal to vegans and meat-eats alike, driving participation rates comparable to those of animal-based meat.”

-Richfield Public Schools



LOOKING FOR ADDITIONAL, HANDS-ON ASSISTANCE WITH YOUR PLANT-BASED MENUS?

Our team is experienced in assisting K-12 food service professionals with their plant-based menus. Our menu of services includes

- Consulting & advisory services
- Employee & consumer engagement and messaging
- Carbon footprint assessments
- Recipe, menu & concept development
- Training & employee engagement

All of the services listed above are available at no cost to K-12 institutions that sign our Forward Food Pledge.

→ [LEARN MORE](#)

Learn more about our Forward Food Pledge and sign [here](#).



Find out more information at forwardfood.org.
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