

# Best Practices & Beliefs

## Getting Started

### Identify Opportunities for Easy Swaps

#### Maintain Familiarity

Start with familiar meals by using existing recipes and student favorites, simply swapping out all or some of the animal protein with a plant-based option.

#### Transition with Blended Dishes

Reduce and replace animal proteins

- 50/50 beef & bean chili

#### Try Meat Analogues

- Plant-based sausage patties, nuggets, burgers, hot dogs
- Use plant-based nuggets in wraps and salads

#### Add Plant-based Proteins to Different Stations

- Salad bar
  - bean salads, falafel, crispy chickpeas
- Sandwich station
  - hummus and avocado instead of mayonnaise
- Pizza station
  - veggie toppings and/or dairy-free cheese

- **Avoid side-by-side comparisons**
- **Use descriptive terms that make the meals exciting and appetizing**
- **Be persistent, especially with younger students**
- **Feature the plant-based meal with enthusiasm**
- **Conduct taste tests**
- **Involve students, your team, school staff, and parents in the process**
- **Encourage and incorporate feedback**
- **Stay flexible and optimistic**
- **Model enthusiasm and excitement**

## Familiar Favorites

- Spaghetti
- Tacos, Burritos, Nachos
- Chili, Soups & Stews
- Burgers, Wraps, Sandwiches
- Stir-Fries

## Plant-Based Pantry Staples

- **Legumes, Pulses, and Beans**
  - Lentils, Black Beans, Garbanzo, Great Northern, Pinto, Peas
- **Whole Grains**
  - Quinoa, Brown Rice, and Pasta
- **Plant-Based Milk**
  - Soy, Pea, Oat, Almond, Coconut
- **Bases, Seasoning, and Oils**
  - Vegetable broth such as Minors
  - Umami-rich seasoning like miso
  - Herbs & Spices
  - Olive and Avocado Oil



For additional resources or to contact our team [plantbasedschoolmeals.com](https://plantbasedschoolmeals.com) | [support@plantbasedschoolmeals.com](mailto:support@plantbasedschoolmeals.com)

# Sample K-12 Creditable Vendor Contact Information



PB hot dogs, cheese  
sauce, and crumbles  
Mayra.Villarreal@bar-s.com



Plant-based chicken  
nuggets and patties  
jen.thompson@rebellyous.com



Lentil plant-based  
crumbles  
deepad@inlandempirefoods.com



Seasoned plant-based  
crumbles  
kayla@eatdeeplyrooted.com



Low sugar granola  
stacy@threelittlebirdsgranola.com



Whole grain ramen  
noodles  
snicholson@palmettogf.com



Plant-based protein  
mix/ingredient  
trishna@downtocookfoods.com



Chickpea pasta  
joseph.ramos@eatbanza.com



Lentil pastas, beans, crumbles  
sturkin@baf.com



Green chickpeas  
briand@freshnaturefoods.com



Barbacoa-Inspired crumbles  
terri.roberts@mgpingredients.com



Plant-based milk alternative  
cmack@ripplefoods.com

Find more products and vendor contact  
information at [plantbasedvendors.com](https://plantbasedvendors.com)

