



More Plants Please!

Now Serving: Plant Forward Meals!

We are bringing some new recipes to the lunchroom! These recipes are part of a plant forward initiative to bring more plant-based foods into our school meals for students and staff.

What is Plant Forward?



These meals emphasize plants as foundational to a healthy diet that consists of whole, fresh foods.



Plant forward is inclusive, which means adding more plants into meals, rather than eliminating foods.

How to Eat Plant Forward?



Eat ONE meal per week that is made entirely from plants.



Fill half your plate with plants first. Choose from whole grains, fruits, and vegetables.



Eat the rainbow by getting as many colors onto your plate as possible.

Why Eat Plant Forward?



Plant forward meals help cultivate life long eating habits that can prevent disease.



Plant forward meals have little or no processed ingredients because they start with fresh whole foods.



Filling our plates with more foods that come directly from plants ensures we use our resources most efficiently.

Support Healthy Eating
Encourage Our Students to Eat Plant Forward!

