

PLANT-BASED MENU IDEAS

SAMPLE IDEAS FOR MEAL AND SNACK PROGRAMS HIGHLIGHTING PLANT-BASED PROTEINS

When planning meals, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	variety of cold cereals served with sliced vegetable and fruits	instant oatmeal with raisins, fresh fruit and cinnamon	<u>Banana Wrap</u>	tofu scramble with mixed vegetables and slice of whole grain toast	<u>Apple Pie</u> <u>Breakfast Bowl</u>
SNACKS	<u>Hummus</u> served with cut up vegetables and whole wheat crackers	<u>No Bake Bites</u> (can be pressed in a pan and cut into squares) & fresh fruit	<u>DYI Trail Mix</u>	<u>Black Bean Dip</u> served with cut up vegetables and whole grain pita	rice cakes with Wowbutter served with sliced banana
LUNCH	<u>Tofu Rice Bowl</u>	<u>Quinoa Salad</u>	<u>African Lentil Stew</u>	<u>Three Sisters Soup</u> served with whole grain bread/buns	<u>Lunch Box Chili</u>

For more information about foods for students check [Moving Forward with Manitoba School Nutrition Guidelines](#). The Guidelines have checklists to help you organize and make effective decisions when choosing foods. Pages 7-9 and 27-32 are written specifically for breakfast, snack and lunch programs.