

Meatless Monday

JAN 24, 2023



Meatless Monday at PCHS

Schools across the country are implementing Meatless Monday as a simple way to encourage kids to try delicious, plant-base options and help them form healthy eating habits that can have lifelong health benefits.

As part of our menus and to be compliant with federal regulations, the necessary components (grain, meat/alternate meat, fruit, vegetables, and milk) must be included in all our recipes.

On Monday's, as part of our daily menu, we can explore offering/including two or three new vegetarian menu items, some of these options are the following.

Menu Options

Vegetarian Breakfast

- Cinnamon roll
- Egg, cheese, and hash brown burrito
- Fresh fruit parfait
- Yogurt and fresh fruit bowl
- French toast
- Pancakes
- Peanut butter and jelly sandwich
- Muffin
- Smoothie
- Bagel

Salads, Sandwiches & Bowls

- Vegan Mediterranean salad
- Sushi bowl
- Vegetarian bibimpap bowl
- Bento box (hard boiled egg, peanut butter, pita and fruit & vegetables)
- Vegetarian wrap
- Egg salad sandwich
- Pasta salad with fresh vegetables
- Cobb salad
- Tofu Caesar salad
- Asian tofu salad

Main Entrees

- Vegetarian chili nachos
- Cheese quesadilla
- Baked potato with vegetarian chili
- Cheese ravioli with alfredo sauce
- Pasta with vegetarian meat sauce
- Ziti baked pasta
- Mac and cheese
- Alfredo baked pasta with broccoli
- Roasted vegetable pizza
- Vegetarian buffalo burger
- Tofu orange stir fry

Considerations

- Limiting the “Meatless Monday” offering to the “Create” menu (inside the cafeteria) vs offering it schoolwide
 - Ex: some students may still want the choice of a meat option
- Certain non-meat options might add higher costs or complexities
- Needs to be supported by a communications/marketing plan
 - Meatless Monday campaign has resources for communications: click [here](#)
- Consider testing it for 1 month to determine student demand