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!