



VEGETARIAN OPTIONS for SCHOOL MEALS

Working more choices into the School Lunch and School Breakfast Programs

COMMON VEGETARIAN EATING STYLES:

Plant-based meals provide excellent nutrition—they are rich in fiber, vitamins, minerals, and antioxidants that boost students' health. And with the growing number of families that are vegetarian or vegan, kids need healthy, meat-free options.



VEGAN - excludes all animal-derived products, including all meats and fish, dairy products, and eggs (some exclude honey).



LACTO-VEGETARIAN - plant-based diet that includes dairy products, as the "lacto" prefix suggests.



PESCATARIAN – plant-based diet that includes fish. The Italian prefix, "pesce," means fish.



FLEXITARIAN – less strict than vegan or vegetarian diets and emphasizes plant-based foods while allowing some animal products.



OVO-VEGETARIAN – excludes dairy products, but does incorporate eggs, as the "ovo" prefix indicates.



LACTO-OVO VEGETARIAN – often seen as the most traditional vegetarian diet and permits eggs and dairy foods but avoids meats and fish.

Implementing the vegan or vegetarian eating styles within the School Lunch and School Breakfast Programs can be challenging but not impossible. Focus on the following foods:

- **A wide variety of fruits and vegetables**
- **Tofu, mature beans, legumes, lentils, and soy yogurt**
- **Nuts, seeds, and nut butters (includes peanut butter)**
- **Whole grains (rice, oatmeal) and whole grain rich foods**
- **Healthy fats, such as vegetable and olive oils**
- **Eggs and Dairy products (milk, cheese, and yogurt)**
(Lacto-Ovo Vegetarian)

Below are a few egg, cheese, and bean-based menu items from the Food, Nutrition and Wellness Recipe page:

- [USDA Recipe D-12A-Bean-Burrito.pdf](#)
- [USDA Recipe D-26-Macaroni-and-Cheese.pdf](#)
- [USDA Recipe D-49-Vegetable-Chili.pdf](#)
- [USDA Recipe E-24-Hummus.pdf](#)
- [USDA Recipe F-09-Vegetable-Wraps.pdf](#)
- [USDA Recipe F-03-Egg-Salad.pdf](#)
- [USDA Recipe G-04-Nacho-Cheese-Sauce.pdf](#)
- [USDA Recipe I-06-Baked-Beans-Bean-Pea.pdf](#)
- [USDA Recipe I-15-Refried-Beans-Bean-Pea.pdf](#)
- [USDA Recipe J-02-Breakfast-Burrito.pdf](#)

For soybean based tofu, see USDA requirements for product compliance as each company will have different tofu making processes. Compliance is based on the protein content per serving. Read more: [Crediting Tofu Products in the School Meal Programs - SP53](#).

Additional Resources: [USDA Alternate Protein Product Q&A Resource](#) | References: www.healthline.com; www.diethand.com



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Florida Department of Agriculture and Consumer Services

SAMPLE MENU

IDEAS

VEGETARIAN**



Breakfast

- Cheesy Egg Omelet with Veggies and Oatmeal
- Yogurt, Crackers*, Apple Slices, Almonds

Lunch

- Chickpea Salad with Feta Cheese and Pita Points*
- Cheese Pizza* with Side Salad

Snack

- Cheese Cubes, Crackers*, and Apple Slices
- Peanut/Nut/Seed Butter and Jelly Sandwich with Milk

PESCATARIAN



Breakfast

- Cereal* with Granola Bar*
- Biscuit* with Margarine

Lunch

- Baja Fish Tacos
- Fish Sticks
- Tuna Salad/Sandwich
- Salmon/Fish Burgers

Snack

- Apples with Peanut/Nut/Seed Butter
- Mini Bagel* with Peanut/Nut/Seed Butter and/or Margarine

VEGAN



Breakfast

- English Muffin* with Jam and/or Margarine
- Oatmeal with Peanut/Nut/Seed Butter
- Grits with Margarine

Lunch

- Falafel with Mini Roll*
- Black Bean Veggie Burger with Bun* and Brown Rice
- Hummus and Veggie on Pita Pocket* with Crackers*

Snack

- Broccoli and/or Carrots with Hummus
- Ants on a Log (celery sticks with peanut butter and raisins)

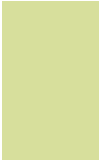
*Recommend serving whole grain rich

**Lacto-Ovo-Vegetarian



EATING STYLES AT A GLANCE

	MEAT	POULTRY	FISH	EGGS	DAIRY	HONEY	GRAINS	LEGUMES	VEGETABLE S & FRUITS	NUTS & SEEDS
OMNIVORE	allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed
PESCATARIAN	not allowed	not allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed
LACTO OVO VEGETARIAN	not allowed	not allowed	not allowed	allowed	allowed	allowed	allowed	allowed	allowed	allowed
LACTO VEGETARIAN	not allowed	not allowed	not allowed	not allowed	allowed	allowed	allowed	allowed	allowed	allowed
OVO VEGETARIAN	not allowed	not allowed	not allowed	allowed	not allowed	allowed	allowed	allowed	allowed	allowed
VEGAN	not allowed	not allowed	not allowed	not allowed	not allowed	not allowed	allowed	allowed	allowed	allowed



allowed



not allowed