Sample K12 menu swaps

**BREAKFAST**

- Fruit & Yogurt ➔ Overnight Oats Breakfast Bowl
- Fruit & Yogurt ➔ Old-Fashioned Apple-Pie Oatmeal

**LUNCH**

- Buffalo Chicken Wings ➔ Buffalo Chickpea Bowl
- Buffalo Chicken Wings ➔ Blazin’ Buffalo Ranch Wrap
- Mac and Cheese ➔ Substitute Nacho Cheese
- Spaghetti w/ Meatsauce ➔ Mighty Marinara w/ Tempeh
- Chicken or Beef Tacos ➔ Fiesta Rice and Beans Bowl
- Chicken Fried Rice ➔ Tropical Tofu with Pineapple Rice
- Grilled Cheese ➔ BBQ Nacho Bowl
- Sloppy Joes ➔ Sloppy Joes with Lentils
- Cheese Pizza ➔ Mediterranean Flatbread
- Hogie ➔ Spectacular Sweet Potato Burrito