

# 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

