



K-12 bento box toolkit

Plant-based bento box lunch ideas that meet nutrition guidelines.

Benefits

- Low labor.
- Healthy & delicious.
- Students can take the box on the go.
- Reduces stress of staff during busy service times.
- Encourages higher take-rate.
- Longer shelf life.
- Can be served cold.
- Reduces food waste.

Make your own combinations

Select 1 fruit, 1 grain, 2 meat/meat alternates, 1 veggie, 1 dip or sauce and 1 additional recipe from the options in the table below. Add items to a container and serve.

Fruit	Grain	Meat/meat alternative
Grapes Apple slices Orange slices Strawberries Blueberries	Tortilla chips Pita Pretzels Wrap/bread	Chocolate chip hummus Roasted chickpeas 5 ways Oatmeal raisin hummus Lemon garlic hummus Sun butter Add your favorite plant-based meat Add your favorite falafel
Veggie	Dips and sauces	More recipes to try
Carrots Cucumbers Corn salsa Celery Sliced bell peppers Broccoli florets Cauliflower florets	Nacho Cheez Marinara cup Plant-based ranch dressing Guacamole Salsa Buffalo Sauce	Breakfast sushi wrap Rainbow hummus wrap Bento box combinations Picante corn salsa Falafel buddha bowl BBQ chopped salad bowl Mediterranean flatbread Blazin buffalo ranch wrap

