



K-12 bento box toolkit

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

Make your own combinations

Mix and match items from each category to build a balanced and reimbursable meal.

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.

Fruit: 1/2 cup	Grain: 2 oz eq	Meat/meat alternate: 2 oz eq
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: 1/2 cup	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 BBQ chopped salad bowl Mediterranean flatbread Blazin buffalo ranch wrap

