

# K-12 plant-based bento box ideas

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

## Benefits of plant-based bento boxes

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



PHOTO BY TRACY BURGIO/HSUS

## 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 alternate
<ul style="list-style-type: none"> <li>▪ Grapes</li> <li>▪ Apple slices</li> <li>▪ Orange segments</li> <li>▪ Strawberries</li> <li>▪ Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tortilla chips</li> <li>▪ Pita</li> <li>▪ Pretzels</li> <li>▪ Wrap/bread</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Chocolate chip hummus</a></li> <li>▪ <a href="#">Roasted chickpeas 5 ways</a></li> <li>▪ <a href="#">Oatmeal raisin hummus</a></li> <li>▪ <a href="#">Lemon garlic hummus</a></li> <li>▪ Sun butter</li> <li>▪ Add your favorite plant-based meat</li> <li>▪ Add your favorite falafel</li> </ul>
Veggie	Dips & sauces	More recipes to try
<ul style="list-style-type: none"> <li>▪ Carrots</li> <li>▪ Cucumbers</li> <li>▪ Corn salsa</li> <li>▪ Celery</li> <li>▪ Sliced bell peppers</li> <li>▪ Broccoli or cauliflower florets</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Nacho cheez</a></li> <li>▪ Marinara cup</li> <li>▪ Plant-based ranch dressing</li> <li>▪ Guacamole</li> <li>▪ Salsa</li> <li>▪ Buffalo sauce</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Breakfast sushi wrap</a></li> <li>▪ <a href="#">Rainbow hummus wrap</a></li> <li>▪ <a href="#">Bento box combinations</a></li> <li>▪ <a href="#">Picante corn salsa</a></li> <li>▪ <a href="#">Falafel buddha bowl</a></li> <li>▪ <a href="#">BBQ chopped salad bowl</a></li> <li>▪ <a href="#">Mediterranean flatbread</a></li> <li>▪ <a href="#">Blazin buffalo ranch wrap</a></li> </ul>

For more recipes visit [forwardfood.org/recipes](https://forwardfood.org/recipes).



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