

Pulses are Perfect for School Lunch

As a plant-based protein, pulses help you stay full all afternoon long!

Pulses — chickpeas, beans, lentils and split peas — are a tasty part of school meals.

CHICKPEAS

HUMMUS • SALAD



BEANS

CHILI • BURGERS



SPLIT PEAS

VEGGIE BOWL • TACO SALAD



LENTILS

LENTIL TACO • LENTIL SOUP

