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

[usapulses.org/schools]