

# “Pulse”-onalize School Meals

## “Pulse”onalize Menu Options

As the traditional cafeteria model shifts, school districts are mixing up the menu with restaurant-inspired recipes and popular food trends with customizable or build-your-own entrees. This customizable menu makeover has put pulses in the spotlight due to their ability to easily be incorporated into many different types of cuisines. From build-a-bowl options to custom sandwiches and tacos, pulses are the perfect fit.

Including nutritious pulses on school menus and giving students the independence to customize is a win-win situation!

## Build-A-Bowl with Pulses

Build your own bowls are the new must-have school menu item! They can hold many of the meal requirements (grain, meat/meat alternate, and vegetables) and can easily be tailored to many different flavor profiles. By incorporating pulses in customizable bowls, schools can increase beneficial plant-based protein and fiber in students' diets — while giving them a school meal that they can look forward to!

### ANATOMY OF A BOWL



Whole Grain

+

Protein

+

Vegetable

+

Sauce

+

Topping

### 3 EXAMPLE BOWLS



#### Breakfast Burrito Bowl

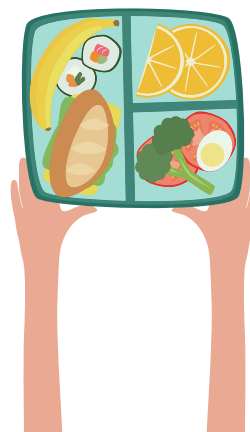
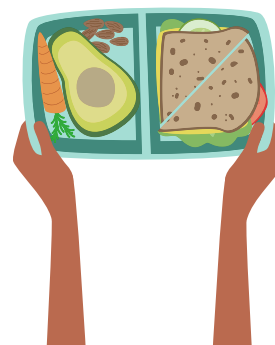
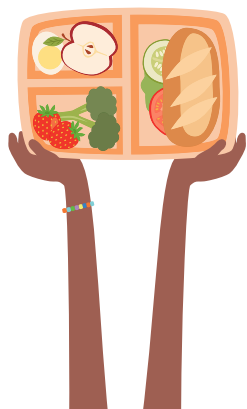


#### Hawaiian Poke Bowl



#### Plant-based Power Bowl

Brown rice	Brown rice	Quinoa
Scrambled egg	Pollock fish sticks	Lentils or Chickpeas
Black beans	Split peas	Spinach, shredded carrot, etc.
Salsa	Sriracha mayo	Low-sodium soy sauce
Jalapenos or cilantro	Pineapple tidbits	Avocado or sunflower seeds



## “Pulse”onalize Walking Tacos

Walking tacos are kid-approved, nutritious options that excite and delight. Students can get creative by building their own walking tacos on taco Tuesday or every day of the week! Walking tacos can easily be turned into a nacho average vegetarian taco with the inclusion of additional beans or lentils as the meat/meat alternate component.

### Make your own walking taco with these 5 components:

Bag of  
tortilla chips



1



Beans  
or lentils



2



Ground meat  
like beef, chicken  
or turkey



3



Cheese



4



Your choice of  
toppings (salsa,  
jalapeno, etc.)



5

## Plant-based Sandwich Option

Pulses have been protein staples around the world for generations, and yet they've never been more on trend. While the build-your-own sandwich option is not a new concept, a plant-based option for sandwiches is cutting edge for school menus. Consider using a pre-made pulse-based veggie burger or make your own using pulses!



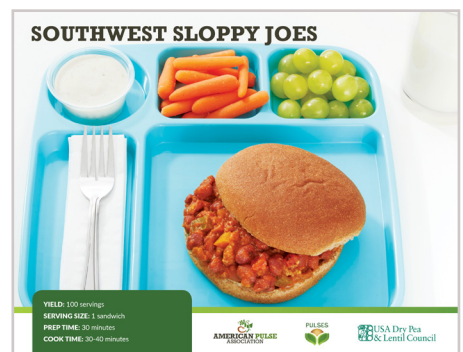
Try these plant-based sandwich recipes in your sandwich station:



Asian-Style Sweet & Spicy Veggie Burger with Pineapple Slaw



Farmer's Meatball Grinder



Southwest Sloppy Joe Sandwich

For more pulse-inspiration, including recipes, to help you serve more pulses in your programs visit us online at [www.usapulses.org/schools](http://www.usapulses.org/schools) and sign up for our school foodservice newsletter [here](#).