

LET'S MEAT

Why Meatless?

Meat plays a big role in many of our diets, but the current rate of consumption around the world is doing damage to the environment.¹ However, if we remove one serving of meat a week from our diets, we can make a difference. Bring Meatless Monday to your school with these delicious recipe ideas!

¹Gerber PJ, Steinfeld H, Henderson B, et al. Tackling Climate Change Through Livestock – A Global Assessment of Emissions and Mitigation Opportunities.

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4 Ways to Make it Meatless

1

DAILY SPECIAL OVERNIGHT OATS

made with Yoplait® ParfaitPro®



2

Yogurt is a valuable protein substitute that gives students the nutrition they need to grow.



APOLLO YOGURT BOWL

made with Yoplait® Bulk

3

4 oz. yogurt
= 1 MA



ROASTED EGGPLANT SANDWICH

made with Pillsbury™ French Bread

Use hummus or hearty roasted veggies on a sandwich in place of meat

4

$\frac{1}{2}$ cup
veggie

$\frac{1}{2}$ cup
fruit

2 MA
protein

2 oz equiv
grain

BUILD A BENTO BOX



Bento Box-style dishes are a trendy, on-the-go way to section out food groups. Use hard-boiled eggs, cheese or yogurt to give students their protein.