

# Plant Based School Meals Grant Report

**2023–24**



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

## 2023–24 Awarded School Districts

**Total Grant Funds:  
\$75,000**

Auburn School District

Chimacum School District

Federal Way Public Schools

Ferndale School District

Lopez Island School District

Pinnacles Prep Charter School

Shoreline Public School District

Toppenish School District

West Valley School District- Spokane



# Auburn School District

**3800  
students  
impacted!**

## Use of Funds:

- Utilized feedback from kitchen staff, family liaisons that work with specific school populations, and student groups at schools.
- Improved own tofu adobo and dal recipes.
- Hired a chef from Afghanistan to help create 2 traditional dishes.
- Created several plant-based menu items

## Continued Goals:

- Estimates that thousands more students will be impacted in school year 2024–25 as these dishes are added to the regular menu cycle throughout all schools.



Vermicelli Noodle Bowl



Tofu Adobo with Bok Choy and Rice



Lubya and Afghani Rice



Borani Kachalu



**Auburn  
School District**

# Chimacum School District

650+  
students  
impacted!

## Use of Funds:

- Trialed plant-based meal options for the entire student body
- Students following a plant-based diet were happy to see the option available.
- H.S. culinary arts class made lentil chili and prepared a tasting for students
- School-wide plant-based BBQ
- Plant-based milk for students (request from students/parents)
- Plant-based breakfast sandwich option
- Recipes included curried lentils, lentil burgers, and lentil chili.

## Continued Goals:

- Continue plant-based breakfast sandwiches next school year
- Education on alternative proteins and utilizing plant-based options



**Plant-Based Burgers**



**Culinary students prepare lentil recipes using golden lentils**



**Plant-based BBQ signage**



**Students sample lentil-based chili**



**Plant-based Breakfast Sandwiches**



# **Chimacum School District**

# Federal Way Public Schools

7,700  
students  
impacted!

## Use of Funds:

- Featured vegan dumplings on elementary menu
- Recipe development of two additional plant-based recipes
  - *Chick'n Vegetable Fried Rice + Vegetarian Chick'n Kabuli Pulao (favorite!).*
- Students from Agriculture Science Class and Native Education elective participated in an educational lesson and taste tests

## Continued Goals:

- Implementation of Halal menu options
- Plant-based options were a huge hit at elementary school



**Student Taste Test**



**Vegan  
Dumplings**



**Chick'n  
Vegetable  
Fried Rice**



# Federal Way Public Schools

**Vegan Dumplings at Lunch**



**Vegetarian  
Chick'n  
Kabuli  
Pulao**



# Ferndale School District

4512  
students  
impacted!

## Use of Funds:

- All students were introduced to plant-based protein options and encouraged to give them a try
- Offered a better variety of plant-based/vegetarian options

## Continued Goals:

- Expand plant-based meal options on school menu

**Gardein Sub “Chicken” Burger**



**Plant-Based Foods Served:**

- Gardein Sub Chicken Strips
- Beyond Meat Sub Beef Crumbles
- Gardein Sub Chicken Breasts
- Urban Accents Beef Sub Chili Mix
- Urban Accents Beef Sub Sloppy Joe
- Dr. Praeger Sub Chicken Nuggets
- Amy's Burritos
- HGTS Burritos
- Amy's Lasagna
- Dr. Praeger Veggie Burger Patties
- Diya Pizza
- Kickin' Nuggets
- Impossible Meatless Sausage Patties

**Ferndale  
School District**

**Impossible Sausage Breakfast  
Sandwich**



# Lopez Island School District

220  
students  
impacted!

## Use of Funds:

- Offered veggie sausage as primary breakfast protein and used as a meat replacement for pasta dishes and biscuits and gravy.
- Prepared Squash Bolognese made with veggie sausage for protein.
- Developed an all plant-based vegetarian curry (can use vegetables from school garden!).

## Continued Goals:

- Majority of produce grown in the school's garden is harvested and packed for the school cafeteria.
- While harvesting, washing and packing their crops, students learn about the nutritional value and culinary capabilities of each crop.





# Lopez Island School District

Lopez Island School District Student Garden



# Pinnacles Prep Charter School

150  
students  
impacted!

## Use of Funds:

- Increased vegan and vegetarian options on school menu
- Microgreens taste tests from Wenatchee Microgreens
- Pop-up Farmer Education during lunches
- Students tried microgreens on pizza and nachos

## Continued Goals:

- Now highlight the vegetarian and gluten-free entrees on menu
- Started offering 2nd entree choice, one option always vegetarian
- Found student preferences that surprised us, such as some students preferred the taste of sun butter and tofu!

Microgreens Taste Tests



Vegan Nuggets



Tofu with Scratch Made Peach Salsa Tacos



# Pinnacles Prep Charter School



Pop-Up Farmer Education During Lunch



Plant-Based Burger



Vegan Cheese + Cilantro Microgreens on Nachos



# Shoreline Public School District

1150+  
students  
impacted!

## Use of Funds:

- Cooking demo of injera bread in school cafeteria
- Offered homemade injera bread with kik alicha (lightly spiced yellow split pea stew) as a reimbursable meal
- Students played games to learn how to eat injera and read the book "The Runaway Injera" to prepare for the meal

## Continued Goals:

- Students gained knowledge about cuisine from Ethiopia, observed a cooking demo, and were able to try the dish!

## Learning About Injera Bread



**Injera Bread Tasting**

## Highlighting Ethiopian Cuisine For Lunch: Kik Aicha with Injera Bread

It all started with a letter. A Meridian Park Elementary student wrote to “Mrs. Jessica” (Shoreline Schools Director of Food and Nutrition Services) requesting that school lunch feature food from her home country of Ethiopia. Inspired by the letter, Jessica applied for and was awarded a Plant Based School Meals grant!



**Injera Bread Cooking Demo**

# Shoreline Public School District

# Toppenish School District

2200+  
students  
impacted!

## Use of Funds:

- Recipe Taste Tests: Mexi-Quinoa and Green Smoothie
- Offered taste tests of plant-based patties and nuggets
- Educational discussions with students about plant-based foods
- Signs and posters to promote healthful impact when choosing plant-based foods

## Continued Goals:

- Use the two new recipes in the school menus next year to encourage plant-based foods students.
- Plant-based patties and nuggets were so popular- want to add to next year's school menu



Mexi-Quinoa and Smoothie Taste Tests



Mexi-Quinoa Taste Test



Plant Based Nuggets



Plant Based Nuggets



Voting Method for Smoothie Taste Tests!

**Toppenish  
School  
District**



# West Valley School District- Spokane

1850  
students  
impacted!

## Use of Funds:

- Partnered with high school culinary arts class- created a cooking contest to develop recipes with plant-based proteins
- Winning recipes served to elementary school, middle school, and high school students
- Students experimented with various beans, tofu, coconut milk yogurts, soy-based sausages, and vegetables

## Continued Goals:

- Students enjoyed the plant-based recipes, and the culinary class learned to prepare over 35 different plant-based recipes!

**Students creating recipes for plant-based recipe contest**



**Students Enjoying Plant-Based Taco Salad Day**



**Plant-Based Foods Served:**

- Plant-based "meat" crumbles
- Plant-based "chicken" nuggets, strips, patties
- Black-bean burgers
- Tofu
- Students experimented with various beans, tofu, coconut milk yogurts, soy-based sausages, and a variety of vegetables

# **West Valley School District -Spokane**

**Culinary Arts Class-Cooking Contest Judging**

