

# Meatless Recipe Options for School Menus

These recipes include milk, cheese, yogurt and/or eggs and provide calcium, vitamins D and B12, and protein – all nutrients important for a vegetarian diet.



<https://dairygood.org/content/2015/dairy-foods-and-vegetarian-diets-101?ref=www.nationaldairyCouncil.org>

## *Tasty Meatless Side Dish Recipes*

- Asian Slaw
- Brazilian Creamy Rice Casserole
- Broccoli Salad
- Cheddar Cheese Dip
- Chipotle BBQ Three Bean Salad

## *Meatless Entrée*

- *Ranch Veggie Pattie on a Bun with Creamy Herb Dressing*



## *Tasty Meatless Breakfast Recipes*

- Lemon Chia Blueberry Parfait
- Yummy Yogurt Bar
- Cheesy Apple Tart
- Very Berry Overnight Oats
- Blueberry Delight
- Double Cheese Fiesta Swirl
- Mega Cheese Muffing
- Fruity Flatbread/Sunny Start Flatbread
- Peaches-n-Cream Overnight Oats
- Apple Pie Overnight Oats



Dairy foods provide a simple, wholesome, and affordable way to get protein and other key nutrients students need.

All recipes available at [www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)



*Broccoli*  
SALAD

This recipe was developed in partnership with



**Lemon Chia Blueberry Parfait**  
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