

Managing a Vegan Diet at School

What is a vegan diet?

Similar to vegetarians, a vegan diet consist of omitting all animal products and by products such as dairy, eggs and honey.

For special diet modifications, please visit: <http://www.cobbk12.org/centraloffice/studentssupport/schoolhealth/childhas.aspx>



Lunch Options

Black Beans Nachos (no cheese)
Refried Beans Nachos (no cheese)
Peanut Butter and Jelly Sandwich
Made to Order Subs and Wraps (HS only)

Hummus w/ Veggies (no flatbread, no cheese stick)
Vegetarian Caesar Salad (no cheese)
Taco Salad w/Black Beans (no cheese)
Southwest Salad w/Corn and Black Bean Salsa (no cheese)
Made to Order Salads w/Corn and Edamame or Roasted Chickpeas (HS only)

Includes choice of fresh fruit, vegetables and 100% juice.

Breakfast Options

PopTart
PB&J Jamwich

Includes choice of fresh fruit, and 100% juice.

Side Choices

Fresh Fruit
Veggie Dippers
Crinkle Cut Sweet Potato Fries
Seasoned Black Beans
Garden Side Salad
Crispy Tater Tots
Baby Carrots w/Dip
BBQ Baked Beans
Hot Vegetables*

**our hot vegetables are made with vegetable base and/or margarine, free from animal products*



FUELING STUDENT SUCCESS