

Get Creative with Meat and Meat Alternates



Think Outside the Box

There are many food items you may not have considered to take the place of the meat items you regularly serve. Some examples are tofu, nut butters, cottage cheese, edamame, noodles made from legume flour and more! Use the [USDA Food Buying Guide](#) to learn how to credit these foods.

Stock the Pantry

Shelf-stable, dried, and semi-dried meat, poultry, and seafood, such as beef jerky or summer sausage, are creditable. You may consider saving these protein sources for when a planned shipment does not arrive. They are easily incorporated into grab 'n go lunch options or as salad toppings.



Take Inspiration from Popular Trends

Compartmentalized boxed lunches are a popular fast-casual trend. A rotating display of hard-boiled eggs, cheese, and/or nuts paired with fruit, vegetables, and/or whole-grains can be a stylish reimbursable meal that will stay fresh in the fridge during the week!

Utilize Legumes

Beans and peas (legumes) are a great replacement for meat. The following recipes from the [Let's Cook! Cycle Menu](#) incorporate legumes for the meat alternate component: [North African Gumbo](#), [Sweet Potato Black Bean Stew](#), and [Happy Hummus](#)



Learn More

Learn how meat and meat alternates credit with the [Meat/Meat Alternates In a Nutshell](#). The SNT is aware that the COVID-19 pandemic is causing many procurement disruptions. For more information visit the [Procurement Webpage](#).