

# School Lunch Insights: What's Cooking? *Asian Cuisine!*

This school lunch menu:

- offers **fresh, scratch-cooked** recipes, and **customizable options!**
- is **student-approved** through **taste tests!**
- provides a **variety of choices** starting with a **whole grain noodle** or **rice base**, **lean and plant-based proteins**, fresh **stir-fried vegetables**, and paired with a **fruit salad** or **crunchy slaw!**



Eastern Asian cuisine exposes students to a **balance in flavors, textures, and colors**. Dishes **harmoniously blend sweet, sour, salty, and umami** tastes, creating a diverse culinary palate.

*School meals are nutritious, delicious, and FREE to all students in MA!*