



Fueling Gen Z:
Food Attitudes, Nutrition Needs & Foods to Fuel
**Participation Driving Menu
Solutions with Chef Monica**

Bringing Gen Z Trends to life on the menu

Putting Together the Trend + Nutrition Need



Food as Fuel



Whole Grain

Potential Way In:

Use whole grain foods in meals beyond their traditional day part or in unique ways. Cereal goes beyond breakfast!



- Serve IW Breakfast Items for lunch
- Use cereal in unexpected ways
- Use whole grain-rich snacks as part of a DIY parfait

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- Serve mini pancakes with sunflower, soy or peanut butter, sunflower seeds, dried cranberries and sliced apples as a meal kit
- Mini pancakes work nicely chilled in this menu pairing
- Add a few chocolate or vanilla baking chips for fun

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- Serve mini French Toast as the grain carrier for sliced deli meats
- Bundles of snacks served together as a meal are a favorite way of eating

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- Serve parfaits or yogurt bowls as a lunch selection
- Give students options by placing yogurt and fruit in divided containers with the grain offered separately
- Cereal and whole grain-rich snacks can be stirred into the fruit and yogurt or each component can be eaten separately

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- Cereal can be part of a Grab & Go lunch offering
- Pair with sunflower seeds and raisins or dried cranberries for a DIY Trail Mix

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Combination Foods Have Low Plate Waste & Can Be “Plussed Up” for Nutrient Density



USDA School Nutrition & Meal Cost Study

- At both breakfast and lunch, combination entrees had low plate waste across ages
 - Breakfast Combination Entrée example: Breakfast Sandwiches
 - Lunch Combination Entrée examples: Sandwiches, pizza, Mexican-style entrees
- At lunch, meat / meat alternates also had low plate waste



- Salads are a favorite Combination Food for students
- Crackers and rolls are the traditional grain sides – try something different!

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- Individually wrapped breakfast items work well served as the grain component with Combination Foods like this Fajita Chicken Salad

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- Serve a Taco Salad with a cinnamon roll or other cinnamon flavored Individually Wrapped breakfast item for a whole grain-rich twist on a churro

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 **Food as Community** + **Need for Ca, Vit D, Protein (girls)**

Potential Way In:

Re-create coffee shop favorites with yogurt



- Students miss the sense of community from their local coffee shops
- Recreate that experience with yogurt-based drinks that credit as smoothies

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- YoGo Coffee Coolers (per serving)
 - 8 oz of milk (which credits as milk)
 - 4 oz of yogurt
 - Instant Coffee
 - Flavored Syrup
- YoBa Tea (per serving)
 - 8 oz of milk (which credits as milk)
 - 4 oz of yogurt
 - Instant Iced Tea
 - Blueberries
 - Strawberries

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- Add a freshly baked cinnamon roll to complete the coffee shop experience
- Create your own individually wrapped breakfast items with bakery bags and Grab & Go containers

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Smoothies at Breakfast Can Increase Fruit Consumption



The percentage of students consuming at least one serving of fruit increased from 4% to 45% when smoothies made from vanilla yogurt, milk or juice, and fruit were served



- Students love sweetened beverages
- Applesauce and fruit juice create that sweetened beverage experience using healthy meal components – that are USDA Commodities

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- Blenderless Smoothies (per serving)
 - 4 oz yogurt
 - 2 oz applesauce
 - 2 oz fruit juice
- Use the drained juice from cans of fruit for smoothies

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- Yogurt Drinks
(per serving)
 - 4 oz yogurt
 - 4 oz fruit juice
- Freeze yogurt drinks and Blenderless smoothies to use as “ice packs” for curbside meals – partially thawed they have a slushy consistency



Resources



For these recipes and more go to
General Mills Foodservice: generalmillscf.com

