

Table S1: Nutritional targets for the menus according to the age group.

Nutrient	Age groups							
	7 - 11 months	1 - 3 year	4 - 5 year	6 - 10 year	11 - 15 year	16 - 18 year	19 - 30 year	31 - 60 year
Energy, kcal	450	700	950	450	650	750	680	650
Carbohydrates, g	73.1	114.9	154.4	73.1	105.6	121.8	110.5	105.6
Protein, g	14.0	21.9	29.7	14	20.3	23.4	21.3	20.3
Total fat, g	11.3	17.5	23.8	11.3	16.3	18.8	17	16.3
Saturated fat, g	5.0	7.8	10.6	5.0	7.2	8.3	7.6	7.2
Cholesterol, mg	210	210	210	90	90	90	90	90
Fiber, mg		13.3	17.5	8.0	9.0	9.6	9.5	8.5
Added sugar, g	0	0	23.8	11.3	16.3	18.8	17	16.3
Sodium, mg	1400	1400	1400	600	600	600	600	600
Calcium, mg	189	350	560	315	390	390	300	330
Iron, mg	7.7	4.9	7.0	2.7	3.2	3.9	3.9	3.2
Magnesium, mg	54	56	91	56	95	116	107	111
Zinc, mg	2.1	2.1	3.5	2.0	2.7	3	2.9	2.9
Vitamin A, mcg	350	210	280	150	210	240	240	240
Vitamin C, mg	35	12	19	11	18	21	26	26
Vitamin B12, mcg	0.35	0.63	0.84	0.54	0.54	0.72	0.72	0.72

Table S2: Total GHGE per year in Kg of CO₂e of school food menus according to the age group and percentage of menus being sustainable. Total number of students served in 200 scholar days was 32,000.

Year	Group 1		Group 2		% of menus being sustainable
	Conventional	Sustainable	Conventional	Sustainable	
2018	400.44	0	241.95	0	0%
2019/01	160.18	20.00	96.78	10.56	20%
2019/02	120.13	40.00	72.59	21.12	40%
2020/01	80.09	60.00	48.39	31.68	60%
2020/02	40.04	80.00	24.20	42.24	80%
2021	80.09	160.00	48.39	84.48	80%

Table S3: List of ingredients and *per capita* amount of conventional and sustainable school food menus.

Conventional Food Menu					Conventional Food Menu				
Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)	Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)
1	Latte	Coffee	g	5	23	Beans	Pinto Beans	g	20
		Milk Powder	g	20			Garlic	g	1
		Tap Water	ml	200			Soybean Oil	ml	4
		Sugar	g	15			Tap Water	ml	60
2	Banana	Banana	g	75	24	Muleteer Beans with Beef Jerky	Salt	g	1
		Mango	g	30			Onion	g	8
3	Mango	Mango	g	30	25	Pasta with Sardine and Tomato Sauce	Black Eyed Beans	g	20
4	Papaya	Papaya	g	30			Garlic	g	1
5	Watermelon	Watermelon	g	100			Soybean Oil	ml	4
6	Apple	Apple	g	50			Onion	g	8
7	Guava	Guava	g	50			Tomato	g	10
8	Mango Juice	Tap Water	ml	200			Bell Pepper	g	3
		Mango	g	50			Coriander	g	1.5
		Sugar	g	15			Parsley	g	1
9	Acerola Juice	Tap Water	ml	200			Bay Leaves	g	1
		Acerola	g	50			Salt	g	1
		Sugar	g	15	Chives	g	1		
10	Guava Juice	Tap Water	ml	200	Tap Water	ml	60		
		Guava	g	50	Jerky	g	20		
		Sugar	g	15	Cassava Flour	g	15		
12	Banana and Apple Smoothie	Banana	g	50	26	Pasta with Tomato Sauce	Spaghetti Pasta	g	30
		Apple	g	50			Canned Sardines	g	20
		Peanut Milk	ml	30			Soybean Oil	ml	4
		Tap Water	ml	120			Garlic	g	1
12	Porridge	Sugar	g	20	Onion	g	8		
		Milk Powder	g	20	Bell Pepper	g	3		
		Tap Water	ml	200	Parsley	g	1		
13	Sweetcorn Pudding	Multigrain Oat Cereal	g	20	Oregano	g	1		
		Flaked Cornflour	g	20	Salt	g	1		
		Milk Powder	g	20	Chives	g	1		
		Sugar	g	15	Coriander	g	1.5		
14	Sweet Rice Pudding	Coconut Milk	ml	3	Tap Water	ml	300		
		Tap water	ml	200	Tomato	g	10		
		White Rice	g	30	Canned Tomato Sauce	g	10		
		Milk Powder	g	20	Spaghetti pasta	g	30		
		Coconut Milk	ml	3	Soybean Oil	ml	4		
		Fresh Coconut	g	20	Garlic	g	1		
		Sugar	g	15	Onion	g	8		
15	Commeneal Couscous	Clove	g	1	Tomato	g	10		
		Tap Water	ml	200	Bell Pepper	g	3		
		Flaked Cornflour	g	30	Parsley	g	1		
		Salt	g	1	Chives	g	1		
16	Tapioca Crepe	Margarine	g	3	Tap water	ml	300		
		Tap Water	ml	200	Oregano	g	1		
		Tapioca starch	g	40	Salt	g	1		
17	Brazilian Style Carrot Cake	Canned Tomato Sauce	g	10	27	Beef Bolognese Pasta	Pasta	g	30
		Sugar	g	15			Soybean Oil	ml	4
		Egg	g	10			Garlic	g	1
		Baking Powder	g	30			Onion	g	8
		Carrot	g	10			Canned Tomato Sauce	g	10
		Soybean Oil	ml	4			Tomato	g	10
18	Bread	Bread	g	50	Bell Pepper	g	3		
		Wheat Flour	g	50	Parsley	g	1		
19	Coconut Cookies	Fresh Coconut	g	20	Chives	g	1		
		Sugar	g	15	Coriander	g	1.5		
		Butter	g	30	Tap Water	ml	300		
		Oregano	g	1	Tap Water	ml	300		
20	Cream Cracker	Cracker	g	40	22	Rice	Onion	g	8
22	Rice	Onion	g	8	Garlic	g	1		
		Garlic	g	1	Soybean Oil	ml	4		
		Soybean Oil	ml	4	Salt	g	1		
		Salt	g	1	Tap Water	ml	60		
		Tap Water	ml	60	Parboiled Rice	g	30		
		Parboiled Rice	g	30			Minced Beef	g	30

Conventional Food Menu					Conventional Food Menu														
Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)	Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)										
28	Beef Stew with Potato and Carrot	Diced beef	g	30	33	Mashed Potato	Potato	g	25										
		Onion	g	8			Salt	g	1										
		Garlic	g	1			Milk Powder	g	20										
		Soybean Oil	ml	4			Margarine	g	3										
		Potato	g	25			Soybean Oil	ml	4										
		Carrot	g	10			Onion	g	8										
		Canned Tomato Sauce	g	10			Garlic	g	1										
		Tomato	g	10			Tap Water	ml	200										
		Bell Pepper	g	3			34	Eggs Omelet	Egg	g	50								
		Parsley	g	1					Potato	g	25								
		Chives	g	1					Carrot	g	10								
		Oregano	g	1					Salt	g	1								
		Salt	g	1					Tomato	g	10								
		Black Pepper	g	1					Wheat Flour	g	50								
29	Fish Fillet with Potato	White Fish Filet	g	80	Butter	g			3										
		Garlic	g	1	35	"Couscous with Josefina"			Flaked Cornflour	g	30								
		Onion	g	8					Tap Water	ml	200								
		Soybean Oil	g	4					Salt	g	1								
		Potato	g	25					Smoked Sausage	g	10								
		Cocunut Milk	ml	3					Onion	g	8								
		Tomato	g	10					Soybean Oil	ml	4								
		Bell Pepper	g	3					Tomato	g	10								
		Parsley	g	1			Bell Pepper	g	3										
		Chives	g	1			Parsley	g	1										
		Oregano	g	1			Chives	g	1										
		Salt	g	1			36	Vegetable and Chicken Soup	Chicken	g	50								
		Black Pepper	g	1					Pasta	g	20								
		30	Chicken	Chicken Thigh					g	80	Salt	g	1						
Canned Tomato Sauce	g			10					Pumpkin	g	25								
Garlic	g			1	Garlic	g			1										
Onion	g			8	Onion	g			8										
Soybean Oil	ml			4	Carrot	g			10										
Tomato	g			10	Potato	g			25										
Bell Pepper	g			3	Coriander	g			1.5										
Parsley	g			1	Tap Water	ml			200										
Chives	g			1	Tomato	g			10										
Coriander	g			1.5	Soybean Oil	ml			4										
Oregano	g			1	37	Sweet Potato			Sweet Potato	g	25								
Salt	g			1					38	Carrot	Carrot	g	10						
Black Pepper	g			1			39	Bread with Margarine			Bread	g	50						
Vinager	g			5							Margarine	g	3						
Lime	g	2	40	Sweet Potato with Egg							Sweet Potato	g	25						
31	Diced Chicken Breast	Chicken Breast									g	50	Salt	g	1				
		Canned Tomato Sauce									g	10	Egg	g	50				
		Garlic									g	1	41	Braised Kale	Kale	g	5		
		Onion									g	8			Garlic	g	1		
		Soybean Oil									ml	4			Soya oil	ml	4		
		Tomato									g	10			Salt	g	1		
		Bell Pepper									g	3			42	Hot Chocolate	Chocolate Powder	g	150
		Parsley									g	1					Tap water	ml	250
		Chives									g	1					Milk Powder	g	20
		Oregano			g	1					43	Bread with Fried Egg					Bread	g	50
		Salt			g	1			Egg (fried)	g							50		
		Black Pepper			g	1	Soybean Oil	ml	4										
		Vinager			g	5	44	Guava Jam	Guava	g							28		
		Lime	g	2	Tap Water	ml			6										
32	Cassava with Pulled Beef	Cassava	g	60	Sugar	g			17										
		Minced Beef	g	77	Passion Fruit	ml			14										
		Garlic	g	1	Lime	ml			0.14										
		Onion	g	8	45	Yogurt (any flavour)			Yogurt	g			200						
		Soybean Oil	ml	4					46	Crackers with Guava Jam			Guava Jam	g			50		
		Tomato	g	10									Crackers	g			163		
		Bell Pepper	g	3															
		Parsley	g	1															
		Chives	g	1															
		Oregano	g	1															
		Salt	g	1															
		Tap Water	ml	120															
		Spicy Salt	g	2															
		Black Pepper	g	1															

Sustainable Food Menu					Sustainable Food Menu						
Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)	Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)		
1	Peanut Milk	Peanuts	g	30	22	Beans	Pinto beans	g	20		
		Tap Water	ml	200			Garlic	g	1		
2	Banana	Banana	g	75			Onion	g	8		
3	Mango	Mango	g	30			Tap Water	ml	60		
4	Papaya	Papaya	g	30			Salt	g	1		
5	Watermelon	Watermelon	g	100			Soybean Oil	ml	4		
6	Apple	Apple	g	50	23	Vegetable Couscous	Onion	g	8		
7	Mango Juice	Tap Water	ml	200			Flaked Cornflour	g	30		
		Mango	g	50			Carrot	g	20		
		Sugar	g	15			Soya Protein Mince	g	10		
8	Acerola Juice	Tap Water	ml	200			Tomato	g	10		
		Acerola	g	50			Bell Peper	g	3		
		Sugar	g	15			Onion	g	8		
9	Guava Juice	Tap Water	ml	200			Garlic	g	1		
		Guava	g	50			Canned Tomato Sauce	g	10		
		Sugar	g	15			Soybean Oil	ml	4		
11	Papaya and Apple Smoothie	Papaya	g	50			Tap Water	ml	60		
		Apple	g	50			Salt	g	1		
		Peanut Milk	ml	30			Coriander	g	2		
		Tap Water	ml	120	24	Rice and Black-Eyed Beans with Soya Mince	Rice	g	30		
Sugar	g	20	Black-Eyed Beans	g			20				
Banana	g	50	Carrot	g			20				
Apple	g	50	Soya Protein Mince	g			10				
12	Banana and Apple Smoothie	Peanut Milk	ml	30			Pumpkin	g	25		
		Tap Water	ml	120			Onion	g	8		
		Sugar	g	20			Tomato	g	10		
		Papaya	g	50			Garlic	g	1		
13	Banana and Papaya Smoothie	Banana	g	50			Soybean Oil	ml	4		
		Peanut Milk	ml	30			Kale	g	5		
		Tap Water	ml	120			Coriander	g	2		
		Sugar	g	20			Salt	g	1		
14	Sweetcorn Coconut Pudding	Coconut Milk	ml	3	25	Black Beans and Vegetables cassarole	Tap Water	ml	120		
		Peanut Milk	ml	30			Black Beans	g	15		
		Tap Water	ml	120			Onion	g	8		
		Hominy	g	20			Garlic	g	1		
15	Cornmeal Porridge	Sugar	g	15			Soybean Oil	ml	4		
		Peanut Milk	ml	30			Tomato	g	10		
		Tap Water	ml	120			Soya Protein Mince	g	12		
		Fine Cornmeal	g	20			Carrot	g	20		
16	Sweet Rice Pudding	Sugar	g	15			Potato	g	25		
		Rice	g	30			Sweet Potato	g	50		
		Tap Water	ml	60			Fresh Coconut	g	20		
		Sugar	g	15			Beetroot	g	15		
		Coconut Milk	ml	3			Coriander	g	2		
		Peanut Milk	ml	30			Salt	g	1		
		Cinnamon Sticks	g	1			Bay leaves	g	1		
Lemon Zests	g	1	26	Beans and vegetables soup	Tap Water	ml	70				
Hotdog bread	g	50			Pinto Beans	g	20				
Soya Protein Mince	g	40			Carrot	g	20				
Canned Tomato Sauce	g	95			Pumpkin	g	25				
18	Soya Mince Sandwich	Tap Water	ml	240			Potato	g	25		
		Garlic	g	1			Onion	g	8		
		Onion	g	8			Garlic	g	1		
		Carrot	g	20			Soybean Oil	ml	4		
		Soybean Oil	ml	6			Coriander	g	2		
		Coriander	g	2			Salt	g	1		
		Tomato	g	10			Chives	g	1		
		Oregano	g	0			Tap Water	ml	60		
		Salt	g	1	27	Soya Mince Bolognese Pasta	Pasta	g	30		
		Bread	g	50					Salt	g	1
		Cracker	g	17					Soya Protein Mince	g	40
		Peanut	g	30					Canned Tomato Sauce	g	10
		19	Cream Cracker	Sugar	g	10			Garlic	g	1
				Tap Water	ml	1			Onion	g	8
Salt	g			1			Carrot	g	20		
Soybean Oil	ml			2			Tap Water	ml	380		
20	Peanut Butter Candy	Onion	g	8			Soybean Oil	ml	4		
		Garlic	g	1			Tomato	g	10		
		Soybean Oil	ml	4							
		Salt	g	1							
		Tap Water	ml	200							
		Parboiled rice	g	30							

Sustainable Food Menu				
Recipe number	Food recipe	Ingredients	Unit (g/ml)	Per capita (g/ml)
28	Okra and Pumpkin Soya Chunks cassarole	Pumpkin	g	25
		Okra	g	20
		Salt	g	1
		Soybean Oil	ml	4
		Onion	g	8
		Tap Water	ml	80
		Garlic	g	1
29	Plant-based Shepherd's Pie	Soya Protein Chunks	g	10
		Soya Protein Chunks	g	10
		Potato	g	25
		Onion	g	8
		Garlic	g	1
		Canned Tomato Sauce	g	11
		Tomato	g	10
30	Vegetables and Soya Chunks Cassarole	Tap Water	ml	80
		Salt	g	1
		Soybean Oil	ml	4
		Soya Protein Chunks	g	8
		Canned Tomato Sauce	g	5
		Onion	g	8
		Chives	g	1
31	Vegetable Soup with Soya Mince	Parsley	g	1
		Potato	g	20
		Carrot	g	15
		Pasta	g	20
		Salt	g	1
		Pumpkin	g	25
		Garlic	g	1
32	Vegetable Couscous	Onion	g	8
		Carrot	g	20
		Potato	g	25
		Coriander	g	2
		Tomato	g	10
		Tap Water	ml	340
		Soybean Oil	ml	4
33	Cassava	Soya Protein Chunks	g	10
		Flaked corn flour	g	40
		Carrot	g	12
		Soya Protein Mince	g	10
		Tomato	g	30
		Bell peper	g	5
		Onion	g	12
34	Potato with Carrot	Garlic	g	2
		Canned Tomato Sauce	g	11
		Soybean Oil	ml	6
		Salt	g	1
		Coriander	g	6
		Tap Water	ml	40
		Cassava	g	60
35	Lettuce salad	Potato	g	25
		Carrot	g	10
36	Lettuce and Tomato Salad	Lettuce	g	5
		Tomato	g	10
37	Cassava Flour	Cassava Flour	g	15
38	Coconut Cake	Wheat Flour	g	2
		Sugar	g	1
		Grated Cocunut	g	0
		Soybean Oil	ml	1
		Coconut Milk	ml	1
		Tap Water	ml	1
		Baking Powder	g	1