

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
3	Mango	Mango	g	30			Onion	g	8
4	Papaya	Papaya	g	30			Black Eyed Beans	g	20
5	Watermelon	Watermelon	g	100			Garlic	g	1
6	Apple	Apple	g	50			Soybean Oil	ml	4
7	Guava	Guava	g	50			Onion	g	8
8	Mango Juice	Tap Water	ml	200			Tomato	g	10
		Mango	g	50			Bell Pepper	g	3
		Sugar	g	15			Coriander	g	1.5
		Tap Water	ml	200			Parsley	g	1
9	Acerola Juice	Acerola	g	50			Bay Leaves	g	1
		Sugar	g	15			Salt	g	1
10	Guava Juice	Tap Water	ml	200			Chives	g	1
		Guava	g	50			Tap Water	ml	60
		Sugar	g	15			Jerky	g	20
		Banana	g	50	25	Pasta with Sardine and Tomato Sauce	Cassava Flour	g	15
12	Banana and Apple Smoothie	Apple	g	50			Spaghetti Pasta	g	30
		Peanut Milk	ml	30			Canned Sardines	g	20
		Tap Water	ml	120			Soybean Oil	ml	4
		Sugar	g	20			Garlic	g	1
12	Porridge	Milk Powder	g	20			Onion	g	8
		Tap Water	ml	200			Bell Pepper	g	3
		Multigrain Oat Cereal	g	20			Parsley	g	1
		Flaked Cornflour	g	20			Oregano	g	1
13	Sweetcorn Pudding	Milk Powder	g	20			Salt	g	1
		Sugar	g	15			Chives	g	1
		Coconut Milk	ml	3			Coriander	g	1.5
		Tap water	ml	200			Tap Water	ml	300
14	Sweet Rice Pudding	White Rice	g	30			Tomato	g	10
		Milk Powder	g	20	26	Pasta with Tomato Sauce	Canned Tomato Sauce	g	10
		Coconut Milk	ml	3			Spaghetti pasta	g	30
		Fresh Coconut	g	20			Soybean Oil	ml	4
15	Cornmeal Couscous	Sugar	g	15			Garlic	g	1
		Clove	g	1			Onion	g	8
		Tap Water	ml	200			Tomato	g	10
		Flaked Cornflour	g	30			Bell Pepper	g	3
16	Tapioca Crepe	Salt	g	1			Parsley	g	1
		Wheat Flour	g	50			Chives	g	1
		Sugar	g	15			Tap water	ml	300
		Baking Powder	g	30			Oregano	g	1
17	Brazilian Style Carrot Cake	Carrot	g	10	27	Beef Bolognese Pasta	Salt	g	1
		Soybean Oil	ml	4			Canned Tomato Sauce	g	10
		Bread	g	50			Pasta	g	30
		Wheat Flour	g	50			Soybean Oil	ml	4
18	Coconut Cookies	Fresh Coconut	g	20			Garlic	g	1
		Sugar	g	15			Onion	g	8
		Butter	g	30			Canned Tomato Sauce	g	10
		Cracker	g	40			Tomato	g	10
20	Cream Cracker	Onion	g	8			Bell Pepper	g	3
		Garlic	g	1			Parsley	g	1
		Soybean Oil	ml	4			Chives	g	1
		Salt	g	1			Coriander	g	1.5
22	Rice	Tap Water	ml	60			Tap Water	ml	300
		Parboiled Rice	g	30			Oregano	g	1
							Salt	g	1
							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	34	Eggs Omelet	Tap Water	ml	200
		Bell Pepper	g	3			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	35	"Couscous with Josefina"	Butter	g	3
		Garlic	g	1			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
31	Diced Chicken Breast	Lime	g	2	40	Sweet Potato with Egg	Sweet Potato	g	25
		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	42	Hot Chocolate	Salt	g	1
		Bell Pepper	g	3			Chocolate Powder	g	150
		Parsley	g	1			Tap water	ml	250
		Chives	g	1	43	Bread with Fried Egg	Milk Powder	g	20
		Oregano	g	1			Bread	g	50
		Salt	g	1			Egg (fried)	g	50
		Black Pepper	g	1	44	Guava Jam	Soybean Oil	ml	4
		Vinager	g	5			Guava	g	28
		Lime	g	2			Tap Water	ml	6
32	Cassava with Pulled Beef	Cassava	g	60	45	Yogurt (any flavour)	Sugar	g	17
		Minced Beef	g	77			Passion Fruit	ml	14
		Garlic	g	1			Lime	ml	0.14
		Onion	g	8	46	Crackers with Guava Jam	Yogurt	g	200
		Soybean Oil	ml	4			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			Onion	g	8
7	Mango Juice	Tap Water	ml	200	23	Vegetable Couscous	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 Pepper	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
12	Banana and Apple Smoothie	Banana	g	50			Carrot	g	20
		Apple	g	50			Soya Protein Mince	g	10
		Peanut Milk	ml	30			Pumpkin	g	25
		Tap Water	ml	120			Onion	g	8
		Sugar	g	20			Tomato	g	10
13	Banana and Papaya Smoothie	Papaya	g	50			Garlic	g	1
		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
		Sugar	g	15			Soybean Oil	ml	4
15	Cornmeal Porridge	Peanut Milk	ml	30			Tomato	g	10
		Tap Water	ml	120			Soya Protein Mince	g	12
		Fine Cornmeal	g	20			Carrot	g	20
		Sugar	g	15			Potato	g	25
16	Sweet Rice Pudding	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			Tap Water	ml	70
17	Hotdog Bread	Hotdog bread	g	50	26	Beans and vegetables soup	Pinto Beans	g	20
18	Soya Mince Sandwich	Soya Protein Mince	g	40			Carrot	g	20
		Canned Tomato Sauce	g	95			Pumpkin	g	25
		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 Bolongnese Pasta	Pasta	g	30
		Bread	g	50			Salt	g	1
19	Cream Cracker	Cracker	g	17			Soya Protein Mince	g	40
20	Peanut Butter Candy	Peanut	g	30			Canned Tomato Sauce	g	10
		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
21	Rice	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
		Potato	g	25
		Onion	g	8
		Garlic	g	1
		Canned Tomato Sauce	g	11
		Tomato	g	10
		Tap Water	ml	80
		Salt	g	1
		Soybean Oil	ml	4
		Soya Protein Chunks	g	8
30	Vegetables and Soya Chunks Cassarole	Canned Tomato Sauce	g	5
		Onion	g	8
		Chives	g	1
		Parsley	g	1
		Potato	g	20
		Carrot	g	15
		Pasta	g	20
31	Vegetable Soup with Soya Mince	Salt	g	1
		Pumpkin	g	25
		Garlic	g	1
		Onion	g	8
		Carrot	g	20
		Potato	g	25
		Coriander	g	2
		Tomato	g	10
		Tap Water	ml	340
		Soybean Oil	ml	4
32	Vegetable Couscous	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
		Garlic	g	2
		Canned Tomato Sauce	g	11
		Soybean Oil	ml	6
33	Cassava	Salt	g	1
		Coriander	g	6
34	Potato with Carrot	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