

Lunch Ideas—that do not contain peanuts or nuts

Bread Ideas

- Pita
- Muffins
- Mini bagel
- Matzo
- Whole wheat bun
- Quick Bread (pumpkin, apple, etc.)
- Bread sticks and butter
- Soft pretzels

Fillings

- Cream cheese, plain or with the following: jelly, apple butter, shredded veggies, or mild cheese
- Deli meats
- Tuna
- Egg salad

Veggie Ideas

- Baby carrots
- Cucumber or pickle slices
- Olives
- Celery sticks
- Salad with side dressing
- Sugar snap peas
- Grape tomatoes

Fruit Ideas

- Cut up apples
- Melon balls or cubes
- Dried fruit chips and raisins
- Banana
- Clementines
- Mandarin oranges (drained of light syrup)
- Pineapple chunks
- Apple sauce or Jell-O with fruit
- Yogurt with added fruit
- Grapes

Other Ideas

- Dry cereal
- Cheese and crackers
- Hard boiled eggs
- Salad (add chicken or turkey cubes)
- Pizza
- Bean burritos (Amy's vegetarian either cheddar cheese, black bean or non-dairy—requires heating in microwave for 2 minutes)
- Cheese tortellini (or plain pasta) with parmesan sprinkles (cold, or warm in thermos)
- Cheese sticks
- Drinkable yogurt (Danimals, Dannon Light n' Fit)
- Chicken noodle soup (or any soup in a thermos)
- Home-made lunchables—crackers, squares of turkey, circles of cheese
- Rolled up deli meat and cheese
- Cottage cheese
- Spaghetti
- Macaroni and cheese
- Rice with veggies

Tips

- Try to get your child to help pick out what they would like at the grocery store and then they can help make their lunches
- Food warmed and put in a thermos provides a hot lunch
- Freezer packs or frozen juice boxes will keep necessary items chilled

NUT-FREE SNACKS (Always read each ingredient label and allergen statement)

Fruit/Vegetables:

- Any fresh fruit or vegetable (e.g. carrot sticks)
- Raisins (*NOT yogurt covered raisins or trail mixes*)

Cereal:

- General Mills Original Cheerios (*NOT multi-grain Cheerios*)
- Chex brand cereals (*NOT Chex mixes*)
- Quaker brand Life cereal
- Kellogg's Crispix, Froot Loops

Crackers:

- Ritz Crackers (original, whole wheat, dinosaurs, sticks, cheddar sticks)
–*NOT Ritz Bitz sandwiches*
- Keebler Club & Town House, Snack Sticks, Munch'ems, Wheatables
- Nabisco Wheat Thins (original, honey, ranch) and Triscuits (original, Thin Crisps, whole wheat)
- Keebler Krispy Saltines (original, wheat, oyster), Nabisco Premium Saltines & Premium Oyster
- Quaker rice snacks (apple cinnamon, ranch, caramel corn, cheddar)

Cheese Crackers:

- Sunshine Cheez Its (original, white cheddar, Right Bites, Big, Sponge Bob)
- Nabisco Cheese Nips (cheddar, four cheese)
- Keebler Munch'ems (cheddar, ranch, original)
- Pepperidge Farm Goldfish (cheddar, colors, baby, giant, cheddar whole grain, calcium-cheddar)
–*NOT Goldfish Grahams, NOT goldfish cracker sandwiches*

Animal Crackers:

- Nabisco Barnum's Animal Crackers
–*NOT Stouffer animal crackers & NOT Keebler animal crackers*

Graham Crackers:

- Honey Maid (graham crackers, honey sticks)
- Keebler Grahams (cinnamon crisps, original, honey, chocolate)
- Nabisco Teddy Grahams (honey, cinnamon, chocolate, Dora, Clifford, Sponge Bob)
–*NOT Goldfish grahams*

Cookies:

- Keebler Golden Vanilla Wafers (regular, minis, Scooby Doo)
- Nabisco Nilla Wafers and Fig Newtons (fig, raspberry, strawberry, whole grain)

Pretzels:

- Rold Gold (pretzel twists, sticks, tiny twists, rods)
- Goldfish pretzels

Fruit Snacks:

- Betty Crocker brand fruit snacks (Nemo, Disney, etc.)