

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)
- Leftover pasta with marinara or meat sauce & parmesan (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

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

PEANUT-FREE & NUT-FREE SNACKS **

*** Product ingredients & packaging may change -- Always read each ingredient & allergen statement.
A product that "may contain traces of nuts" or is "made in on shared equipment" is NOT safe.*

Fruit / vegetables:

- Any fresh fruit or vegetable (e.g. baby carrots, apples, clementine oranges, grapes)
- Raisins or Ocean Spray "Craisins"
-- NOT yogurt- or chocolate-covered raisins or trail mixes

Cereal:

- General Mills Original Cheerios -- NOT multi-grain or honey nut Cheerios
- Chex cereals (wheat, multi-grain, corn, rice) -- NOT frosted Chex, NOT Chex mixes
- Quaker brand Life cereal
- Kellogg's Crispix, bite-size Mini Wheats

Crackers:

- Ritz Crackers (e.g., original, whole wheat, dinosaurs, sticks)
-- NOT Ritz Bitz sandwiches
- Keebler Club, Town House, Snack Sticks, Sunshine Krispy Saltines, or Barnum's Animal Crackers
-- NOT Stouffer Animal crackers & NOT Keebler Animal crackers
- Nabisco Wheat Thins, Triscuits, or Premium Saltines
- Quaker Quakes rice snacks

Cheese Crackers:

- Sunshine Cheez Its (original, Right Bites, Big, etc.)
- Nabisco Cheese Nips (cheddar, four cheese)
- Pepperidge Farm Goldfish (e.g., cheddar, colors, baby, giant, whole grain)
-- NOT Goldfish cracker sandwiches

Graham Crackers:

- Honey Maid (graham crackers, honey sticks, cinnamon sticks)
- Keebler Grahams (cinnamon crisp, original, honey, sticks, Bug Bites)
- Nabisco Teddy Grahams (honey, cinnamon, Dora, Clifford, etc.)
-- NOT Goldfish grahams

Pretzels:

- Goldfish pretzels
- Rold Gold (pretzel twists, sticks, tiny twists, rods)
--NOT pretzel 'sandwiches'

Fruit Cookie Bars:

- Nabisco Fig Newtons (fig, raspberry, strawberry, whole grain)

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'Em's, 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 Quakes 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'Em's (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 crisp, original, honey, chocolate)
- Nabisco Teddy Grahams (honey, cinnamon, chocolate, Dora, Clifford, Bob)
-- *NOT Goldfish grahams*

Cookies:

- Keebler Golden Vanilla Waters (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.)