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)
- Rolled up deli meat and cheese
- Cottage cheese
- Spaghetti
- Macaroni and cheese
- Rice with veggies
- 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

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, dionosaurs, 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 crips, 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.)**