



PEANUT-FREE LUNCH IDEAS

Combos:

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Hard cooked egg, whole wheat crackers
- Rolled-up sliced meat, bread sticks
- Whole wheat bun, sliced lean meat, cheese, tomato, lettuce.
- Split pea soup, breadstick or crackers, cheddar cheese slices and apple wedges
- Pizza (vegetable or Hawaiian)

Stuffed Pita Pockets: (Mix with mayonnaise or salad dressing)

- Chopped hard-cooked egg, chopped cucumber, onion
- Chopped turkey or chicken, chopped almonds, sprouts

- Chopped salmon or tuna, red pepper slices
- Chopped ham, pineapple
- Ham and cheese
- Turkey, lettuce, tomato
- Hummus, cucumber sticks, peaches, plain yogurt

Cold reruns:

- Pizza
- Kebabs
- Casserole
- Chicken pieces
- Burrito with refried bean, cheese, tomato

Hot reruns

- Tortellini
- Chili
- Spaghetti and meatballs
- Pasta with favorite sauce
- Macaroni and cheese
- Baked beans

- Soup or chowder
 - Cream
 - Split pea
 - Lentil
 - Vegetable

Add:

- Cheese bread stick
- muffin
- Soda crackers
- Bread or pretzel

Extras:

- Non sugar coated cereal
- Air-popped popcorn
- Special straw
- Sticker
- Encouraging note

Sweet Treats:

- Graham crackers
- Wafers
- Gingersnaps
- Fig Newton's
- Cereal bars
- Carrot, banana or date loaf
- Homemade pudding

- Yogurt, yogurt drink or yogurt tube

Helpful lunch Tips:

- Pack food and drinks in reusable containers
- Use baking soda once/week of eliminate any odors
- Frozen juice boxes can help keep lunch cool



For an alternative to Peanut butter, try Pea-butter.

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Food group choices:

- Whole wheat breads and cereals
- Fruits, vegetables and 100% fruit or vegetable juices
- Lean meat, fish, chicken and beans
- Skim or partly-skimmed milk, cheese and yogurt.

Salads:

- Pasta
- Potato
- Coleslaw
- Green or spinach
- Mixed bean
- Curried rice
- Carrot raisin



Thermos or Chilled

- Milk
- Cottage cheese dip for vegetables
- Plain yogurt with fruit

Cool Veggies:

- Turnip sticks
- Carrot sticks or baby carrots

- Celery sticks
- Cauliflower
- Broccoli trees
- Baby corn
- Radish
- Zucchini sticks
- Snow peas
- Pepper strips (yellow, green, red, orange)
- Cherry tomatoes

Fresh fruits:

- Banana
- Apple
- Orange
- Berries
- Grapes
- Nectarines
- Pears
- Peaches
- Plums
- Melon balls
- Kiwi fruit

Fast fruits:

- Canned fruit
- Applesauce
- Raisins

- 100% Fruit juices and nectars (freeze in reusable cups for slush)

Instead of Bread:

- Bagels or rolls
- English muffins
- Bread sticks
- Flat bread
- Pita bread
- Rice cakes
- Melba toast
- Homemade muffins

Cheeeese, Please!

- Cheddar cheese
- Mix grated cheddar, cottage cheese and parmesan with plain yogurt and mayonnaise for dip or spread
- Carrot, celery or bread stick wrapped in Swiss cheese
- String cheese
- Cheese with chili, bean or taco sauce, dip or salsa

- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese
- Mini cheese balls
- Ricotta cheese, fruit
- Cottage cheese, fruit
- Shredded cheese, grated carrot in pita bread.

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