

NUTRITIOUS PEANUT AND TREE NUT-FREE LUNCH SUGGESTIONS*

Main Course

Sandwiches on bread, bagel or crackers:
Cream cheese and jelly
Chicken or turkey
Tuna fish
Chicken salad
Egg salad
Lettuce, tomato and cheese
Cheese, grilled cheese
Soy nut butter (only exception to nut-free rule)

Yogurt, string cheese

Soups

Pastas:

Macaroni and cheese
Spaghetti/meatballs, spaghettios
Ravioli

Other

Pizza, English muffin pizza
Chicken nuggets
Hummus and pita
Cereal

Vegetable and Dip/Dressing

Cucumber, carrot, celery sticks
Raw zucchini rounds
Salad
Raw broccoli
Sliced red pepper
Cherry tomatoes

Fruit

Orange
Pear
Seasonal fruit:
Melon
Plum
Peach
Apple
Banana
Applesauce, fruit cocktail

Beverage

Milk
Juice – 100% juice preferable to juice drinks
Water

Dessert

Granola bar
Pudding

*A nutritious lunch should be balanced keeping the different food groups in mind. For those concerned about adequate protein intake, the following foods have approximately the same amount of protein as 2 Tablespoons of peanut butter:

- 1 ounce meat
- 1 cup milk
- 1 ounce cheese
- 1 cup yogurt
- 1 cup raisin bran
- 1 bagel
- 2/3 slice cheese pizza

All lunches must contain an ice pack. Foods to be eaten hot should be put in a pre-heated wide-mouth thermos.