

Peanut-Free Lunches and Snacks

Lunch ideas:

- Pita wrap sandwich with meat and/or cheese, lettuce and tomato
- Pasta salad with meat or cheese
- Macaroni and cheese
- Crackers with lunchmeat, hard boiled egg, or cheese
- Yogurt with carrot and celery sticks and a piece of fruit
- Bagel sandwich with meat or cheese
- Pizza slice with vegetables and fruit
- Soup or stew in a thermos

Lunches should include a protein food (meat, cheese, egg, yogurt), a starch (crackers, bread, bagel, pita), and a fruit and/or vegetable. Milk (or cheese or yogurt) at lunch helps kids meet their calcium needs for growing bones.

Snack ideas:

- Yogurt
- Fruit cups
- Fresh fruit or dried fruit
- Pudding or gelatin cups
- Crackers and cheese
- Celery stuffed with soft cheese or cream cheese
- Homemade trail mix with cereal, pretzels, and raisins
- Graham or animal crackers
- Vegetables with dip
- String cheese
- Mini pitas or mini bagels

Pack foods safely

Keep hot foods hot: use a wide mouth thermos for packing soup, hot pasta, etc.

Keep cold foods cold: pack a frozen juice box with lunch. It will thaw by lunchtime, and it will keep the other foods cold. Or use an insulated lunch bag with a freezable insert. If you make a sandwich the night before and refrigerate it, it will stay cooler than a sandwich made in the morning.