

Peanut and Tree Nut Free Lunch Options ... Just a few ideas ☺

- 1) Jelly and cream cheese sandwich
- 2) Turkey, Ham or your favorite cold cut with matchstick veggies wrapped in a soft tortilla shell, add hummus for additional flavor
- 3) Fajita chicken (cut into small piece), cooked veggies, and cheese, melted in a soft tortilla shell
- 4) Hummus with veggies cut into matchsticks in a soft tortilla shell
- 5) Oatmeal, waffles or pancakes (most kids are fine with these at room temp)
- 6) Pizza – leftovers from the night before (cold pizza is good ☺)
- 7) Mini pita pockets (Wegman's has them at the deli counter) filled with hummus, cucumber and shredded carrots and lettuce
- 8) Mini pita pockets stuffed with tuna, turkey, or egg salad
- 9) Mix tuna with cottage cheese and mayonnaise for a little more protein, calcium punch
- 10) Add avocado slice to any sandwich to add a little more protein
- 11) Sloppy Joe, send a spoon, with crackers or bread
- 12) Bean Burritos
- 13) Taco Salad fixings wrapped up in a soft tortilla shell
- 14) Smoothie – mix yogurt, fruits and juice/milk in a blender and put it in a thermos
- 15) Mini bagel pizza, mini bagel, sauce, and a slice of cheese – pop in microwave and then wrap in foil
- 16) Pasta salad (use a fun shaped pasta) – either heat with traditional sauce and put in a thermos, or make it cold with bite size pieces of your favorite meat, veggies and cheese and Italian dressing (good way to sneak veggies in)
- 17) Soup – another chance to sneak in veggies
- 18) Meatloaf sandwich
- 19) BLT – put it in a wrap to keep everything together
- 20) Mac N Cheese
- 21) Fruit, yogurt and string cheese
- 22) String cheese, pepperoni and crackers
- 23) Your kids favorite cereal or breakfast, plus some fruit
- 24) Last night's dinner, heated and put in a thermos
- 25) Ask your child what peanut/tree nut free option they would like

Other tips:

- For easier spreading, freeze breads first, and then make your sandwiches. This can also help keep foods chilled and it will be thawed in time for lunch.
- A wide mouthed thermos can keep things hot as well as cold, which opens up a host of lunchtime possibilities. Just fill with piping hot food and seal. It will stay hot until lunchtime
- Use mini bagel, mini pitas, tortilla wraps as alternate bread options