

Lunch Ideas that DO NOT contain nuts, peanuts, or eggs

<p><u>Bread Ideas</u> (other than sliced)</p> <ul style="list-style-type: none"> • Pita • tortillas • Bagels (or mini) • Matzo • Hamburger buns • Quick bread (pumpkin, apple) • Bread sticks • Soft pretzels • muffins 	<p><u>Fillings</u></p> <ul style="list-style-type: none"> • Cream cheese • Jelly • hummus • Apple butter (or other fruit butters) • Cream cheese AND jelly/fruit butters • Deli meats • Tuna • Shredded veggies and cheese
<p><u>Veggie Ideas</u></p> <ul style="list-style-type: none"> • Baby carrots • Cucumber, pepper or other veggie slices • Olives • Celery sticks (w/ cream cheese?) • Sugar snap peas • Grape tomatoes 	<p><u>Fruit Ideas</u></p> <ul style="list-style-type: none"> • Sliced or whole apples • Melon balls or cubes • Dried fruit • Banana • Clementine or mandarin oranges • Pineapple chunks • Applesauce • grapes
<p><u>Other Ideas for main dish</u></p> <ul style="list-style-type: none"> • Cheese and crackers, with or without deli meat • Rolled up deli meat and cheese • Any leftover dinner in a thermos jar to keep warm (i.e. pasta, soups, rice dishes, mac & cheese) • Pasta salads 	<p><u>Snacks</u></p> <ul style="list-style-type: none"> • dried cereal • pretzels, chips, crackers, popcorn, pirate “booty” • fruit snacks • yogurt (cup or “tube”) • cookies • fruit “leathers” or roll-ups
<p><u>TIPS</u></p> <ol style="list-style-type: none"> 1. Have your child grocery shop with you to see what they will like, AND have them help make their own lunch 2. Juice boxes or organic milk boxes can be FROZEN and used as an ice pack! In an insulated lunch bag, they will keep other items chilled as well. 3. A thermos “jar” will keep items warm until lunch time – this is an easy way to pack leftover dinners as lunch items for camp. 4. Yogurt tubes can be frozen and will thaw slightly by lunchtime (also keeps other items cold in an insulated lunch bag). 	