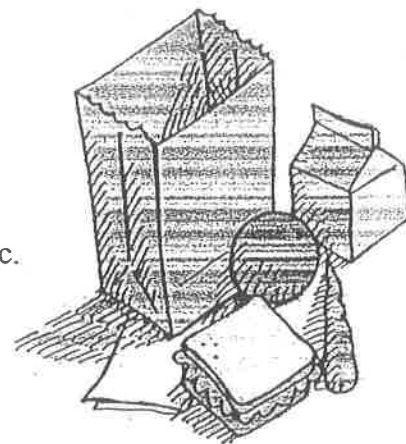


Nut-Free Lunch and Snack Ideas

- ☞ Cheese sticks/string cheese/cheese slices and crackers
- ☞ Bagel sandwiches i.e. bagels and cream cheese with jelly
- ☞ Cottage cheese with or without fresh fruit mixed in
- ☞ Rolled up slices of turkey, ham, tofurkey, etc...
- ☞ Quesadillas or tortillas rolled up with pickles and cream cheese etc.
- ☞ Hard-boiled egg (already peeled)
- ☞ Burritos, fajitas, empanadas
- ☞ Chapati, roti, samosa
- ☞ Sushi
- ☞ Pancakes
- ☞ Leftovers in a thermos, i.e. pastas, chili, macaroni and cheese, rice, stirfry, curry, soup
- ☞ Refried beans with cheese
- ☞ Sunflower, pea or soy butter (please place a note in the child's lunch bag if it looks like nut butter)
- ☞ Vegetable slices
- ☞ Fruit slices, chunks
- ☞ Unsweetened applesauce
- ☞ Popcorn
- ☞ Rice cakes
- ☞ Sunflower seeds
- ☞ Dried fruit
- ☞ Nutra-grain bars
- ☞ Muffins
- ☞ Cold non-sugared cereal w/o milk



Some things to keep in mind:

- ☞ Children will be expected to feed themselves. Please provide food in reusable containers that are easy for them to open. Cut food into bite-sized pieces.
- ☞ Hot food should be packed in a thermos, with a fork or spoon.
- ☞ Cold food should be kept cold with a freezer pack or frozen juice box.
- ☞ Prepackaged lunches are rarely finished.
- ☞ Bread from sandwiches is often left over, sometimes just the meat and cheese is enough.
- ☞ The smaller the slices the more gets eaten. Many half eaten fruits and vegetables are thrown away.
- ☞ Dips are always popular and kids eat more veggies/fruit if served with a dip.
- ☞ Children will not be allowed to eat candy, chips, and gum at school. If you send these items, they will be returned home.
- ☞ A good way to avoid food waste is to ask your children if they want to help pack their own lunch. This is best done the night before.