

Peanut/Nut Free Guide for Snacks/Lunches in our Classroom

Meat & Alternatives:

Hard-boiled egg
Chick peas (humus)
Refried beans
Leftover chicken or turkey
Cold meatloaf
Cold cuts (ham, turkey, salami, bologna, etc.)
Chili
Vegetarian chili
Hot beef stew
Leftover pizza
Hot baked beans
Hot lentil soup (or any soup)
Tuna

Examples of Peanut Butter-less menus:

Monday: Cold cuts, cheese and lettuce in a pita
Carrot sticks and ranch dressing
Orange slices
Milk

Tuesday: tuna salad on whole wheat bread
Celery stuffed with soft cheese
Pudding
Fruit juice

Wednesday: Crackers with cheese cubes and slice cold cuts
Cucumber slices
Canned fruit
Milk

Thursday: Leftover pizza slice
Green pepper rings
Yogurt
Fruit juice

Friday: Leftover spaghetti with meat sauce
Fruit slices (banana, oranges, strawberries, grapes) with cream cheese dip
Milk

*Don't forget to pack food safely:

- Use a wide-mouth thermos to keep foods cold or hot (like chili and pasta)
- For items that you want to keep hot, rinse out the thermos with boiling water, add warm food, and close tightly
- To keep food cold, use frozen juice boxes or frozen bread for sandwiches (they will thaw by lunch)

*Also add a surprise now and then in your child's lunch, like a sticker or a special note. It will add interest and enjoyment for your child.

*Have your child involved in planning and preparing snacks and lunches, in order to increase the likelihood of the foods being eaten.