

Nut-Free Dairy Lunch Ideas

In order to plan a nutritious lunch for your child, try to include the following:

- Protein (egg, dairy, soy, fish)
- Fruit
- Vegetable
- Grain (bread, pasta, rice, etc.)
- A drink (we suggest a reusable bottle)

Sandwich Combinations

- Cream cheese and raisins
- Cream cheese and jelly
- Cheese & tomato with sprouts/avocado/pickles
- Tuna salad
- Sliced egg with veggies
- Tahini and jelly
- Tortilla with cheese
- Grilled cheese
- Tahini with sprouts & seeds
- Cold pizza
- Humus and pita and vegetables
- Pancakes with fillings: jam, honey,
- Garden or other Veggie burgers
- Cheese or apple chunks
- Meatless (soy) deli slices such as Tofurky (tastes the best), Ives slices
- Use Soy-Nut Butter instead of Peanut Butter (it's hard to tell the difference!)
- Sunflower Butter
- Quesadilla
- Waffle Sandwich
- Veggie Burgers
- Avocado toast +/- fried egg

Be creative in how you prepare the sandwiches by cutting them into circles, triangles, etc. or use tortillas and make wraps.

Bread ideas: pita, bagel, lavash, tortilla, whole wheat, rye and bread sticks.

Cracker ideas: Rice Cakes, Wheat Thins, Stoned Wheat, Akmak and other whole grain options.

Or, get really creative and make a sandwich on a muffin such as bran, raisin, blueberry, pumpkin, etc.

Container Fillers

- Cold pasta salad with olives
- Macaroni & Cheese
- Cottage cheese and fruit
- Carrot and raisin salad
- Vegetarian vegetable noodle soup
- Stuffed artichoke or avocado
- Tomato & rice soup without chicken stock
- Potato salad
- Fruit salad
- Cheese and crackers
- Rice and beans
- 3-bean salad
- Tuna salad
- Egg salad
- Tofu and applesauce
- Tofu and veggies
- Honey & wheat-germ with yogurt and fruit
- Dry granola (add to yogurt at school)
- Meatless nuggets or fish sticks
- Tofu dogs
- Baked Ziti or Veggie Lasagna
- Mozzarella Sticks & Sauce
- Hard Boiled Eggs
- Mini Quiche
- Guacamole, Salsa, Vegetarian Refried Beans & Tortilla Chips
- Cereal with Milk (in a separate container)
- Cheese Tortellini

If you are looking for some other healthy snack options try something from the list below:

- Popcorn (for children over three years of age)
- Celery stuffed with cream cheese
- Dried fruit: raisins, dates, prunes, apricots, etc.
- Fresh vegetables with dip: carrots, celery, cherry tomatoes, zucchini, green peppers, pickles, olives
- Trail mix
- Chunks of cheese or cheese sticks
- Corn on the cob (great raw!)
- Edamame
- Corn or cheese puffs
- Fish sticks or sushi
- Whole wheat or sesame pretzels
- Pita chips
- Cold potato
- Pretzels

Please note: Lunches are not refrigerated nor can they be re-heated at school. Please include a cold-pack in your child's lunch bag so that the contents will remain cold if necessary.

Please try to balance and vary your child's lunch. You will sometimes be surprised by what they will try and like.

Hang this in your kitchen and add any ideas that work well for you.