



LUNCHES TO GO:

Cool Ideas for Nut/Peanut Aware Classrooms

If your child is in a nut/peanut aware classroom, you may be asked to provide lunches and snacks without nuts/peanuts. Read labels to see that prepared foods do not contain nuts/peanuts. If you are not sure, choose something else.

Some foods must be kept cold (See 'Pack a Safe Lunch')

Instead of Sandwiches

- Pancakes or waffles, fruit, plain yogurt
- Crisp bread, hard cheese, apple
- Bran muffin, yogurt, vegetable sticks
- Pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers, red pepper strips
- Taco with bean dip, veggies
- Rolled up sliced meat, bread, orange
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

Muffin-wiches

- Banana bran muffin, cheese
- Oatmeal apple muffin, cottage cheese
- Cornmeal muffin, BBQ chicken

Cheeeese, please!

- Cheddar or hard cheese
- Mix grated cheddar, cottage cheese, parmesan with plain yogurt and mayonnaise to dip or spread
- Carrot, celery or breadstick wrapped in Swiss cheese
- String cheese
- Cheese with chili bean or taco sauce dip or salsa
- Sliced ham or turkey rolled around cheese stick
- Cored apple filled with cheese chunk
- Mini cheese balls

Pack a Safe Lunch

- ✓ Read labels to see that prepared foods do not contain nuts/peanuts.
- ✓ Use clean kitchen equipment to prepare lunches (e.g. don't use a knife that has been used to spread peanut butter).
- ✓ Fix lunches ahead and refrigerate.
- ✓ Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water in plastic containers to keep food cool.
- ✓ Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch.
- ✓ Wash all vegetables thoroughly, even those in packages labelled "pre-washed" or "triple washed".
- ✓ Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.
- ✓ Choose a thermos and reusable plastic dishes; don't reuse plastic bags - they can harbour bacteria.
- ✓ Encourage your children to wash hands before and after eating.

Fresh Fruit

- Melon balls
- Cherries
- Berries
- Kiwi fruit
- Grapes
- Pears
- Peaches
- Banana

Bagel-wiches

- Cheese, lettuce, thinly sliced tomato
- Tuna, red pepper, thinly sliced cucumber
- Turkey or ham, drained coleslaw, mayonnaise

Sesame Butter Buddies

- Banana in hot dog bun (banana dog)
- Raisins, grated carrot
- Crushed pineapple
- Sunflower or sesame seeds
- Crushed banana chips
- Unsweetened applesauce, grated cheese
- Chopped celery

Cool Veggies

- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli or broccoflower trees
- Baby corn
- Radishes
- Zucchini sticks
- Peas in pod or snow pea pods
- Pepper strips (yellow, green, red, orange, purple)
- Cherry tomatoes

Salads

- Pasta
- Green
- Curried rice
- Bulgur or cracked wheat
- Mixed beans
- Potato

For a change from Bread

- Bagels or rolls
- English muffins
- Scones or biscuits
- Flat bread
- Pita bread
- Rice cakes
- Cracker Bread
- Melba toast
- Bread Sticks



LUNCHES TO GO:

Hot Ideas for Nut/Peanut Aware Classrooms

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Sandwich Set Up

Bread or Rolls

- Whole wheat
- Rye
- Pumpernickel
- Multigrain
- Cracked Wheat
- Flaxseed

Plus

Fillings

- Sesame paste or butter (tahini) (see Sesame Butter Buddies on reverse)
- Tuna
- Hard cooked egg

Freezer friendly fillings

- Hard cheese - cheddar, mozzarella, Swiss
- Processed cheese
- Cold lean roast beef, pork, chicken, turkey, ham or meatloaf

Plus

- Pack lettuce, tomato, or cucumber in a bag.

Thermos or Chilled

- Milk
- Cottage cheese dip for vegetables
- Plain yogurt with fruit added
- Milk-based pudding

Salad or Pita Pocket Combos (moisten with yogurt mixed with salad dressing)

- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, grated carrots, shredded lettuce
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, lettuce

Hot Reruns

(Pack a safe, hot lunch in a wide mouth thermos)

- Stew
- Curry
- Chili
- Perogies
- Spaghetti and meatballs
- Pasta and favourite sauce
- Macaroni and cheese
- Baked beans
- Soup or chowder:
 - cream
 - split pea
 - lentil
 - vegetable

Plus

- Cheese bread stick
- Corn bread or muffin
- Soda bread
- Chapati or roti
- Bread pretzel
- Bannock

Versatile Veggies

- Vegetable sticks
- Cold vegetable salad
- Coleslaw
- Spinach salad
- Carrot raisin salad

Cold Reruns

- Pizza (or English muffin or pita shell with topping)
- Kabobs (e.g. Meat or chicken, pepper, tomato)
- Casserole
- Stir-fried vegetables with tofu
- Chicken pieces
- Burrito with refried bean, cheese, tomato
- Samosas
- Empanada or Cornish pasties
- Tortellini

Fast Fruits

- Canned fruit
- Applesauce
- Banana
- Apple
- Orange
- Kiwi Fruit
- Fruit juices and nectars (freeze in reusable cups for slush)

Little Extras

- Sunflower or pumpkin seeds
- Cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw
- Raisins, dried fruit
- Unsweetened fruit leathers
- Cookies - animal crackers, vanilla or graham wafers, gingersnaps, Social Teas, oatmeal, fig, raisin, apple, or raspberry bars (check labels)
- Carrot, banana, date, or pumpkin loaf
- Canned pudding
- Yogurt drink or chocolate milk

Brush Up!

Brush teeth with fluoridated toothpaste before school and at bedtime.