

PEANUT & NUT FREE LUNCH/SNACK/DESSERT IDEAS

The following suggestions will help with packing peanut/nut free lunches. This list is certainly not comprehensive. Labeling is clear and often you will find an allergen statement in bold at the bottom of ingredient listings. Find more extensive lists at peanutfreelife.com.

MAIN COURSES

- Bagel and Cream Cheese
 - Lenders and Thomas brands- plain, blueberry, whole wheat, NY style- obviously no nut bagels
 - Prepackaged Kraft Bagel-fuls in freezer section of Publix- nice substitute for prepackaged crustables. These bagels, pre-stuffed with cream cheese, come in plain and apple cinnamon.
- Chicken fingers (Tyson-frozen, Publix deli)
- Cream cheese and Jelly sandwich
- Eggs – boiled eggs or egg salad sandwich
- Ham and cheese Sandwich or Turkey and Cheese Sandwich
- Ham rolls (rolled up ham slices)
- Hot dog – slice lengthwise for younger children to avoid choking
- Lunchables – ham+swiss cracker stacker, turkey+cheddar cracker stacker, chicken strips, cheese pizza, pizza with pepperoni, chicken+American sub, turkey+cheddar sub, - (avoid items with candy bar dessert)
- Macaroni and Cheese (send in thermos)
- Pizza (leftovers or frozen)
- Raisin Bread (Sunmaid)
- Soybutter sandwich (Fresh Market) See website – www.schoolsafesoybutter.com Website says also available at Wal-Mart and Winn Dixie – can, of course, add jelly
- Sunbutter sandwich (organic isle at Publix) – can, of course, add jelly
- Soup in thermos (chicken noodle, tomato, etc)
- Spaghetti in thermos
- Tuna salad sandwich
- Turkey Rolls – (rolled up turkey slices)
- Zoe's pasta salad (Mondays buy one get one free pints in off-season)
- Zoe's chicken salad sandwich (Mondays buy one get one free pints in off season)

PEANUT & NUT FREE LUNCH/SNACK/DESSERT IDEAS – CONT.

SIDES/SNACKS

- Annie's organics brand bunnies - Cheddar Bunnies, Whole Wheat Bunnies, Sour Cream and Onion Bunnies, White Cheddar Bunnies, Bunny Graham Friends, Cinnamon Grahams (organic section Publix – also some at WalMart)
- Cascadian Farms Granola Bars – Vanilla chip and Chocolate chip flavors only (no almond or peanut butter flavors). These are the only granola bars I've found that don't contain peanuts/nuts. (Publix – sometimes buy one get one free)
- Cereal – dry – many safe choices (see peanutfreelife.com for complete list of safe cereals)
- Cheese – cheese sticks, string cheese, cheese slices, cheese cubes, etc.
- Chips
 - Lay's – plain, BBQ, Sour Cream & Onion, BUT NO LAY'S KETTLE CHIPS
 - Frito Lay – Cheetos, Fritos, Ruffles, Sun Chips, Doritos
 - Pringles – all safe
- Crackers –Saltines, Hi Ho Crackers, Wheat Thins, Triscuits, Townhouse Crackers, Carr's Water Crackers, Carr's Whole Wheat Crackers
- Fruit – any kind – strawberries, grapes, apples, blueberries, raisins, applesauce, etc
- Goldfish – all flavors
- Kellogg's Nutri-Grain bars
- Pretzels –ROLD GOLD BRAND IS BEST –GO FOR THE GOLD. Some brands contain peanut flour.
- Special K Bars – Blueberry, Peaches and Berry, Strawberry, Vanilla Crisp, Raspberry, Bliss Mocha, and Chocolatey Drizzle – **BUT NO CHOCOLATEY PRETZEL OR HONEY NUT.**
- Veggie sticks and dip -- any are great – carrots, broccoli, celery, etc
- Yogurt, yogurt drinks – any kind but NO GRANOLA topping...granola contains peanuts with few exceptions – see above – granola bar
 - Example: Stoneyfield Organic yogurt, yo-kids squeezers, O'soy, yogurt smoothie, etc

NOTE THAT NO NATURE VALLEY PRODUCTS ARE SAFE

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DESSERT/BIRTHDAY IDEAS

- Cookies – prepackaged –
 - Chips Ahoy
 - Oreos- plain
 - Nabisco Newtons – Fig, Cobblers, Raspberry, Apple
 - Nabisco 100 calorie packs – Lorna Doone, Chips Ahoy Fudge drizzled, Chips Ahoy chocolate chip cookies, Oreos, Oreos mini cakesters
 - Nilla Wafers (Nabisco)

- Kellogg’s Rice Krispy Treats – original, chocolate drizzle, Rainbow

- Krispy Kreme Donuts

- Publix birthday cakes, cupcakes – traditional flavors – *These packages often state they are processed in a facility that also process peanut and tree nuts. We have researched their manufacturing process and are comfortable that they are safe for our family. We do not consider the cookies from the bakery safe.*

- Wal-Mart birthday cakes, cupcakes – traditional flavors – *These packages often state they are processed in a facility that also process peanut and tree nuts. We have researched their manufacturing process and are comfortable that they are safe for our family. We do not consider the cookies from the bakery safe.*

- Bluebell Ice cream cups – Chocolate, Vanilla or Birthday Cake flavors

- Publix brand Ice cream cups – Chocolate and Vanilla