

Ideas for the Lunchbox

Drinks

- Milk
- 100% all-natural juice
- Juice with a little bit of yogurt mixed in
- Seltzer with a little juice mixed in
- Soy or rice milk (comes in Vanilla or chocolate)
- Spring water

Sandwiches

Most children like the crust removed. You can also cut out shapes with a cookie cutter.

- Cream cheese and strawberries
- Grilled cheese
- Egg salad (with eggs or made with tofu)
- Soy butter and jelly
- Chicken salad

Other main dish ideas

- Hummus or baba ganoush, with pita bread cut into triangles. Send a little spreading knife and let your child do it by themselves!
- Pasta (the easy to spear type, such as ziti or shells)
- Ravioli or tortellini
- Cut up omelet
- Cut up quiche
- Soup in a thermos with crackers
- “Wrap” sandwich: a tortilla spread with cream cheese, or some other spread, and cut up into circular pieces.
- Lightly steamed vegetables with salad dressing in a small container to dip
- Leftovers
- Low-sugar cereal, with milk on the side
- Yogurt
- Chicken nuggets

Lunchbox snacks

- Peeled, cut up fruit (keep a spray bottle of lemon juice and water in the fridge to spray on the prevent browning). Sprinkle on some sesame seeds, a great non-dairy source of calcium.
- Rice cakes
- Popcorn cakes
- Tortilla chips and salsa
- Cheese and crackers

Please remember that fruit with pits are in the nut family. This includes but not limited to peaches, mangos, nectarines, plums, avocados and of course all nuts...such as pecans, almonds, walnuts, peanuts, etc... and nut oils. These items are highly encouraged to be eaten at home and not brought into school. We have many children with life threatening allergies! Thank you for your cooperation in this matter.