

PEANUT-FREE SNACKS AND LUNCH IDEAS

- cheese and crackers
 - celery stuffed with cream cheese, cheese whiz, hummus
 - hard-boiled eggs
 - fresh fruit-(bananas, oranges, apples, grapes, mango, pineapple spears, fruit cocktail, melon, canned peaches or pears, kiwi fruit, strawberries, etc.
 - fruit dips-(strawberries dipped in yogurt, banana dipped in chocolate pudding, nectarine and vanilla pudding, etc.)
 - veggies and dip- celery, carrots, broccoli, cucumber, cauliflower, green or yellow beans, green or red peppers, radishes, even rutabaga!
 - dips- hummus, tzatziki, taramosalata, guacamole, bean dip, tomato salsa, cream cheese or sour cream based, almost any commercially prepared salad dressing.
 - fruit leather(roll-ups)
 - hot pasta dishes (home-made or beefaroni canned types)
 - salads(coleslaw, macaroni salad, 3-bean salad, carrot salad, vegetable-jello molds)
 - individual yogurts, puddings, fruit sauces(apple, etc.)
 - SOME granola bars
 - pizza buns, mini pizzas or baked cheese sticks
 - soups- alphabet, chicken noodle, cream of celery, tomato, home-made)
 - SANDWICH FILLINGS- egg salad, tuna , ham, bologna, chicken, meatballs, hummus, other sliced meats, tomato, lettuce, alfalfa sprouts, hot peppers, sweet peppers, etc.
- ***sandwiches can be made in pita bread, soft flour tortillas, ;buns, crackers, melba toast, sub buns, rye, pumpernickel, whole grain,or white bread