

In support of the Irvine Unified School District Severe Food Allergy Practices here are some suggestions for preparing nutritional lunches that do not contain peanuts or other nut products:

Sandwich fillings:

Chicken - can be spiced, smoked, or chicken salad

Turkey - can be spiced, smoked or turkey salad

Lean beef or ham - minced or sliced

Pork - sliced or chopped. Try adding applesauce or relish

Sliced meatloaf

Lean luncheon or deli meats

Tuna or salmon

Cheese with apple, crumbled bacon, or pickles

Cream cheese with chopped olives

BLT - bacon, lettuce and tomato

Cucumber or any vegetable

Ideas in place of plain bread:

Whole wheat, oatmeal, rye or pumpernickel

Pita pockets or English muffins

Bagel, hot dog or hamburger buns

Soft tortilla shells

Crusty rolls

English muffins

Tea biscuits, croissants, crackers or rice cakes

Ideas for warm foods to pack in a wide mouth thermos:

Spaghetti, macaroni, other pasta or rice dishes

Soups

Stews, casseroles

Leftovers

Ideas for cold foods to pack in a wide mouth thermos:

Potato or pasta salad with cubes of cheese or meat

Chef or garden salad

Fruit with cottage cheese

Miscellaneous other "any time" favorites:

Pizza

Nut-free muffins with yogurt or cheese

Cold cereal - pack the milk separately in a cold thermos

Suggestion for keeping foods fresh and cold:

Pack sandwich components such as tomato and lettuce separately, for kids to put together before eating

Freeze 100% fruit juices, water and individual lunch portions ahead of time. Most will thaw by lunchtime.

Refrigerate all snacks and lunch overnight, even cookies and muffins. They are a suitable temperature by lunchtime, but help to keep other food cool in the meantime.

Use a small, lunch-size freezer pack.

Other suggestions for snacks or to fill up a lunchbox:

Cubes of lean meat or cheese

Rice cakes, bread sticks, melba toast, soda crackers and reduced fat snack crackers,

Raw veggies such as carrots, celery sticks and broccoli served with dip

Fresh fruits such as apples, oranges, bananas, peaches, plums, grapes, melon and cantaloupe

Popcorn

Multigrain bars

Nut-free, non-sugared dry cereal such as Corn Bran or Mini Wheats

Raisins

Applesauce

Yogurt

Jell-O