

The Ultimate List of Nut-Free Lunch Ideas

Protein Rich Foods

Low sodium, roasted deli meat
Sliced cheese
Cheese cubes
String cheese
Cheese rounds
Hummus
Hard-boiled eggs
Cottage cheese
Greek Yogurt
Tuna
Salmon
Leftover pulled pork
Rotisserie chicken
Sun Butter
Wow Butter
Black bean dip
Chicken nuggets
Quinoa
Quiche
Roasted Chickpeas
Pumpkin Seeds
Sunflower seeds
Chickpea pasta
Lentil pasta
Cow's milk
Fortified soymilk

Fruit

Avocado
Sliced Grapes (fresh or frozen)
Strawberries
Raspberries
Blueberries (fresh or frozen)
Blackberries
Mandarin oranges
Sliced oranges
Cantaloupe
Watermelon
Honeydew
Banana
Fruit leather
Apple chips
Frozen smoothies in squeeze pouches
Pears (fresh or canned in juice)
Peaches (fresh or canned in juice)
Applesauce cups/pouches
Apple (fresh, dried)
Frozen fruit (thawed by lunchtime)
Pineapple (canned, frozen)
Mango (fresh, dried, frozen)
Freeze-dried fruit
Unsweetened dried fruit (eg, Raisins, apricots, cherries, cranberries)

Grains/Starch

Whole wheat bun
Mini bagels
Pita pockets
Whole grain crackers
Whole grain bread
Mini pancakes
Rice cakes
French toast
Waffle
Mini Naan
Whole wheat tortilla
Corn tortilla
Whole wheat noodles
Quinoa
Rice
English muffin

Vegetables

Lettuce
Celery
Carrots
Sweet bell peppers
Black olives
Edamame
Snap Peas
Snow Peas
Grape/Cherry
Tomatoes
Sweet Potatoes
Pickles
Side Salad
Frozen peas
Cucumbers
Vegetable Soup
Tomato Sauce
Sliced tomato
Kale chips

Cold Mains

"Lunchable"
(Deli meat squares + cheese + crackers)
Sushi
Tacos
(flour tortilla + cheese + tomatoes + meat + guacamole)
Mini-quesadilla
(Flour tortilla + cheese + diced chicken + veg)
Cold pizza leftovers
"Burritos" (sun butter on a tortilla, topped with fruit and rolled like a burrito)
Grilled Cheese
Quinoa salad
(Quinoa + veggies + protein + dressing)
Pasta salad
(Pasta + veggies + protein + dressing)
Mini pizzas
(English muffin + pepperoni + cheese)
Deli meat + cheese rolled up together

Sandwich Fillings

Soy Nut Butter + fruit
Sun Butter + fruit
Chicken salad
Tuna salad
Egg salad
Salmon salad
Chickpea + avocado mash
Meat & cheese

Hot Mains (in Thermos)

Leftovers
Spaghetti
Soup
Mini meatballs & Rice
Homemade mac & cheese
Lentils
Chili
Rice & beans
Lasagna
Ravioli or Tortellini
Stir Fry & Quinoa
Oatmeal (hot or cold)
Scrambled Eggs

Dips

Quacamole
Salsa
Yogurt + Cream Cheese
Hummus
Ranch
Caesar
Greek Yogurt
Pureed Cottage Cheese + yogurt + herbs
Tzatziki

