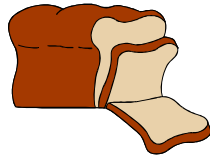


Peanut-Free Lunch Ideas

A nutritious lunch should contain three or four food groups from Canada's Food Guide to Healthy Eating: Grain Products, Vegetables & Fruit (preferably some of each) and Milk Products and/or Meat & Alternatives. Mix and match the following ideas, remembering to read the labels of pre-packaged foods or ingredients you use in home-prepared foods:

Grain Products

- ✓ Breads, bagels, rolls/buns – whole wheat, rye, cracked wheat, oatmeal, pumpernickel
- ✓ Muffins
- ✓ English muffins
- ✓ Pita bread
- ✓ Breadsticks
- ✓ Crackers, Melba toast
- ✓ Rice
- ✓ Noodle soup



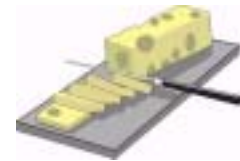
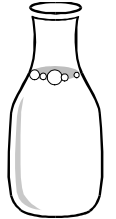
Vegetables & Fruit

- ✓ Fresh fruit
- ✓ Canned fruit in its own juice
- ✓ Fruit juices
- ✓ Vegetable or tomato juice
- ✓ Raw vegetable pieces
- ✓ Vegetable-based salads, e.g. tossed salad, coleslaw, potato salad
- ✓ Leftover cooked vegetables
- ✓ Vegetable-based soups
- ✓ Broccoli, mixed vegetable
- ✓ Fruit salads



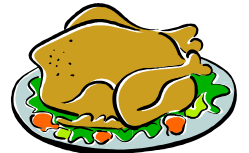
Milk Products

- ✓ 2%, 1% or skim milk (white or chocolate)
- ✓ Yogourt
- ✓ Cheese
- ✓ Cottage cheese
- ✓ Milk pudding
- ✓ Milk-based soup



Meat & Alternatives

- ✓ Hard-cooked egg
- ✓ Chicken leg
- ✓ Cold meats, e.g. roast beef, ham, turkey, salami, Pastrami
- ✓ Water-packed tuna or salmon
- ✓ Beans or lentils
- ✓ Leftover meatloaf



Combination Foods

- ✓ Beef stew
- ✓ Pizza
- ✓ Home-made chili
- ✓ Grain and vegetable salads, e.g. tabouli
- ✓ Soups, e.g. chicken noodle, minestrone
- ✓ Pasta with sauce
- ✓ Macaroni and cheese
- ✓ Vegetables with yogourt dips
- ✓ Sub/sandwich, e.g. meat and cheese sub,
- ✓ Chicken salad on light rye bread



Example Peanut-Free Lunch Menu



Monday

Egg sandwich on pumpernickel bread
Celery sticks
Banana
Milk

Tuesday

Tomato soup
Melba toast
Cheddar cheese
Red and green pepper strips
Orange juice

Wednesday

Greek salad
Half whole wheat bagel
Slice of cantaloupe
Milk

Thursday

Leftover pizza
Carrot sticks
Chopped fruit in vanilla yogurt
Apple juice

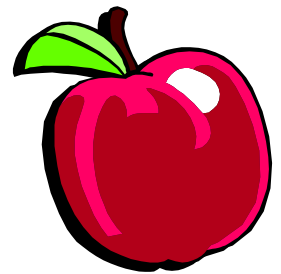
Friday

Tuna salad in a pita
Cucumber slices
Orange sections
Chocolate milk

Peanut-Free Snack Ideas

Here are some snack ideas using foods from *Canada's Food Guide to Healthy Eating*. Remember that you need to check the labels of any pre-packaged or prepared foods and any ingredients that you use in home-prepared foods.

- ☺ Yogourt
- ☺ Milk
- ☺ Fresh fruit
- ☺ Cheese and crackers
- ☺ Unsweetened cereal
- ☺ Raw vegetables with yogourt dip
- ☺ Yogourt mixed with fruit
- ☺ Milk pudding
- ☺ Canned fruit packed in juice
- ☺ Cheese-stuffed celery sticks
- ☺ Homemade muffin
- ☺ Mini pita stuffed with tuna salad
- ☺ Slice of meat
- ☺ Half salami sandwich
- ☺ Hard-cooked egg
- ☺ Plain popcorn (for older children)
- ☺ Half bagel with cream cheese
- ☺ Juice



Adapted from material developed by Public Health Nutritionists/Dietitians of Ontario.

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