

Nut-Free Lunch Ideas

Mix and match items from each category to create a balanced nut-free lunch.

Protein

- Deli Meat
- Yogurt
- Cheese
- Beans
- Chickpeas
- Leftover Cooked Meat
- Quinoa
- Hard-Boiled Eggs
- Cottage Cheese
- Milk
- Edamame
- Tuna
- Lentils

Grains

- Crackers
- Bread
- Tortillas
- Pita Bread
- Muffins
- English Muffin
- Pizza
- Pretzels
- Popcorn
- Pasta
- Rice
- Quinoa

Fruit/Veggies

- Salad
- Carrots
- Cucumbers
- Apple
- Grapes
- Melon
- Avocado
- Bell Peppers
- Snap Peas
- Cauliflower
- Berries
- Banana
- Applesauce
- Peaches
- Celery
- Tomatoes
- Broccoli
- Raisins
- Kiwi
- Orange
- Pears

Fun

- Nut-Free Cookies (like Oreos)
- Nut-Free Chocolate
- Popcorn
- Chips
- Fruit Snacks
- Fruit Leather