



Nut-Free Lunch Ideas:

- **Hotdogs** – cook them in the morning and put it into a thermos. They will stay nice and warm until lunch time
- **Lunchables** – Most of these are safe, with the exception of ones with candy like Reese's
- **Spaghetti O's** – Just this morning, I heated the Spaghetti O's up and put them into a thermos.
- **Mac N Cheese** – Same thing, cook it in the morning or heat up some left overs and put it into a thermos
- **SunButter and SoyButter** – Both of these are great alternatives to peanut butter.
- **Sandwich Wraps** – These are great and my child loves them! Meat and Cheese sandwiches, lettuce, red pepper.. whatever your child loves
- **Pepperoni** – Some days we do a big variety at lunch, pepperoni's, cheese sticks, yogurt, carrot sticks with ranch, grapes, strawberries, raisins.
- **Spaghetti** – Same as the Spaghetti O's – cook it the night before, warm it up in the morning and put it into a thermos
- **Bagels** – Bagels with cream cheese or even jelly, make a bagel into a sandwich with meat and cheese
- **Cottage Cheese** – This may or may not be on a picky kid's wish list. Some days Andrew will eat and some he will not. Mix fruit into the cottage cheese and you will have a nice protein packed lunch.
- **Bacon** – My kids LOVE turkey bacon
- **Chicken Nuggets** – I haven't tried this yet. But I would think that you could prepare chicken nuggets and send them in a thermos.

Nut Free Lunch Sides:

- **Fruits** – Apples, Bananas, Oranges, Watermelon, Strawberries
- **Vegetables** – Carrot Sticks, Cucumbers, Red Peppers
- **String Cheese**
- **Baybel Cheese Wedges**
- **Nutri Grain Bars**
- **Chips**
- **Animal Crackers**
- **Cheezits**
- **Quaker School Days Granola Bars**
- **Applesauce**
- **Yogurt**
- **Goldfish**
- **Raisins** – Plain only – Yogurt Covered Raisins are mostly manufactured in a plant with nuts

Thank you for keeping Bournedale a NUT FREE School to keep all our students safe!

The following is from www.verywell.com

Question: Why is my child's school peanut-free or nut-free? And because it is peanut-free or nut-free, what foods can she bring?

Answer: Schools ban peanuts or tree nuts when there are severely [allergic](#) children enrolled because those allergic children can react even to tiny traces of peanut or nut dust in the air, or to peanut or nut residue on a lunch table. In the worst-case scenario, these reactions can be life-threatening.

Unfortunately, peanut and tree nut allergies aren't like other allergies. Most people with food allergies — even severe allergies — can manage their allergies by simply not eating foods that contain those allergens. They read labels, don't eat food if they don't trust the food, and they ask questions about potential [cross-contamination](#).

People with peanut and tree nut allergies follow all these steps too. However, they need to take additional precautions, because it's possible for them to react to traces of nut dust in the air (from peanut shells, for example).

In addition, nuts and peanuts are full of natural oils that leave residues. While these residues can be removed with common household cleaners, it can be difficult or impossible to clean tables in the middle of lunch, for example, or for school cleaning staff to know to clean oils off of tainted walls or doorknobs during the school day.

Because of these issues, and because peanut and tree nut allergies can be life-threatening, many schools have responded by designating peanut- or nut-free lunch tables or classrooms, or even by declaring the entire campus peanut- or nut-free.