

# NUT-FREE LUNCH PLANNER

		M	T	W	TH	F
CAFETERIA						
DRINKS	Water					
	Milk					
	Juice					
	Drinkable Yogurt					
MAIN MEAL	Leftovers in thermos					
	Salad w/ dressing					
	Hummus on tortilla					
	Turkey & cheese roll ups					
	Ham & cheese roll ups					
	Sandwich w/ turkey					
	Sandwich w/ chicken					
	Sandwich w/ ham					
	Sandwich w/ sunflower seed butter					
	Grilled cheese sandwich					
	Crackers w/ pepperoni & cheese					
	Tacos w/ meat, peppers & cheese					
FRUIT	Banana					
	Apple					
	Strawberries					
	Tangerine					
	Orange					
	Grapes					
	Blue berries					
	Melon					
	Cherries					
	Pear					
	Pineapple					
	Peach					
VEGETABLES	Carrots					
	Bell peppers					
	Cherry tomatos					
	Cucumber					
	Snap peas					
	Celery sticks					
	Broccoli					
	Edamame					
SNACKS	Rolls					
	Rice crackers					
	Crackers					
	Fruit w/ chocolate hummus					
	Vegetables w/ hummus					
	Vegetables w/ dressing					
	Yogurt					
	Pretzels					
	Apple sauce					
	Fruit pouch					
	Fig bars					
	Dry cereal					
	Popcorn					
	Raisins					
	Dried fruit medley					
	Cheese sticks					