

Gill Elementary

Mmm, let's EAT!



Peanut & Tree Nut Free Lunches

Lunches for school are best when they contain at least one food from each of the four groups.

Grain Products	Vegetables & Fruits	Dairy	Meat and Alternatives
Breads- whole wheat, rye cracked wheat Spaghetti Bagels Pita bread Muffins Crackers Macaroni & cheese Pasta or rice salad Soups with rice or pasta Cereal	Fresh fruit Canned fruit in juice Fruit/vegetable juice Vegetable sticks Coleslaw Vegetable soup Salad Tabbouleh Raisins	Milk Cheese Low fat cottage cheese Cream soups Low fat yogurt Hot chocolate Custard, puddings String cheese Cheese slices	Hard boiled eggs Soy Butter Sunflower Seed Butter Cold meats Pizza Refried beans Lentil soup Split pea soup Meatloaf Chili Baked beans Tuna/salmon Hummus Ravioli/Tortellini

➔ **Food labels that say: "Processed in a facility that also processes peanuts & nuts" are OK to bring to school for personal consumption.**

Examples: *California Pizza Kitchen Cheese Pizza: Contain: Wheat, Milk, Soy. Manufactured on equipment that processes peanuts.*

Food labels that say: "May contain peanut or tree nuts" are NOT OK to bring to school to eat. ←

Examples: *Quaker Granola Bars Smores flavor: May Contain Traces of Peanuts.*

Peanut & Tree Nut Free Snacks & Treats

Yogurt- plain or mixed with fruit Fresh fruit Unsweetened cereal Vegetables with dip Jell-o pudding bites Fruit cocktail Graham crackers Goldfish crackers Saltine crackers Plain popcorn (NO Crunch-N-Munch) Fruit Roll-ups Applesauce Baked tortilla chips & salsa Tabbouleh Low-fat granola bars (not peanut butter) Soy Butter and Crackers	Bagels with cream cheese Cheese or cheese sticks Fruit Loops cereal Pudding cups Canned fruit in juice Teddy grahams Pretzels Plain cheese crackers Plain animal crackers Fruit snacks Hard boiled egg Low/No fat cottage cheese Grape leaves Raisins Low-fat granola Cheez-Itz
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Some surprising products that **DO** have peanut and/or other nut products:

Regular M&M's	Honey-Nut Cheerios	Chex Mix
Jelly Belly Jelly Beans	Snyder brand pretzels	Granola Bars
Most foods from bakeries	Stauffer's Animal Crackers	

It's still important to read the ingredient label each time you purchase a food. Manufacturing processes change, so a food that was safe, may not continue to be.