

Dairy/Parve Nut Free Lunches &

Avocado and Hummus sandwich
Bagel Sandwich
Baked Potato stuffed w/veggies or cheese
Baked Sweet potato
Black Bean Enchiladas
Black Bean salad
Caprese salad
Cereal and milk (breakfast for lunch!)
Enchiladas
Cheese or Veggie Pizza
Corn and Bean salad with tortilla chips
Cream Cheese and jelly sandwich
Egg Salad
Eggplant Parmesan
English Muffin pizzas
Falafel
Fish Sticks
Fruit Smoothie
Gnocchi
Grilled Cheese Sandwich
Grilled Veggie Burrito
Hard boiled eggs
Lentil soup or stew
Lentils and Rice
Macaroni and Cheese
Minestrone Soup
Pancakes or French Toast
Pasta Salad with veggies
Potato Soup
Potstickers
Quiche
Quinoa
Quesadilla
Rice and vegetables
Roasted Veggies
Salad w/veggies and cheese, tuna or eggs
Samosas
Spaghetti Squash w/veggies & sauce
Spinach Lasagna
Split pea soup



Sunchip "Nachos"
Sunflower Butter and bananas
Tortellini
Tostada with black beans and cheese
Tuna sandwich
Vegetable Pot Pie
Vegetable soup
Vegetarian chili with cheese and crackers
Veggie Spring Rolls
Veggie Sushi
Veggies and Hummus or other dip
Waffle sticks
Wraps with rice and veggies
Yogurt and fruit or granola
Zucchini with marinara and cheese



Meat Nut Free Lunches & Snacks

Bean Burrito with chicken
Breadsticks with meat sauce
Burrito Bowl with meat
Chicken and Rice
Chicken Salad
Chicken Pot Pie
Chicken Soup
Create a "Bento Box" with bits of veggies,
fruit, crackers, meat or pasta
Meatballs
Pasta with Meat Sauce
Tacos

Many of the Dairy Ideas can have meat substituted for Cheese for other alternatives.