

LUNCH SUGGESTIONS

**Compass Christian Preschool
Is a NUT-FREE School**



*This means that
NO nut
products are allowed
in lunches or snacks.*

Your child's lunch needs to be ready to serve. We do not heat or refrigerate lunches. Don't forget to send a napkin, any necessary utensils and a drink (no soda).

- Lunch is an enjoyable time of day for the kids!

Sandwich Suggestions:

Cream cheese and brown bread
Whole wheat bagel
Raisins
Sliced egg
Sliced cucumber
Marmalade or jam
English muffin
Tuna Salad, Chicken Salad, Ham, Turkey, Cheese

Honey
Sliced bananas
Grated carrots and raisins
Applesauce
Bacon bits and honey
Toasted wheat germ

Sandwich Alternatives:

Cheese (chunks or slices)
Boiled eggs (shelled)
Meat in pieces, slices or cubes

Cottage cheese or cheese spread on celery or on cucumbers
Chicken or turkey, cubes, wings or drumsticks

Fruits or Vegetables:

Green pepper strips
Celery
Small salad in container (w/fork)
Cucumber slices
Cherry or grape tomatoes (cut in half)
Kiwi (peeled and sliced)
Olives
Orange (peeled and ready to eat)

Pineapple chunks
Apple (sliced and ready to eat)
Cubes watermelon
Banana
Dried fruit or raisins
Seedless grapes (cute in half)
Veggies with dip in a container

Please limit (or eliminate) the sugary desserts: such as candy, cookies, pudding, Twinkies etc...

Minimum Daily Nutritional Requirements:

3-4 servings from the dairy group
2-3 servings from the meat group
5 or more servings from the fruit and vegetable group
6 or more servings from the bread and cereal group

NOTES ON ALLERGIES:

- These snack items are only designated safe for our students who eat a “NUT FREE” diet. This list does not apply to gluten, dairy, egg or other allergens.
- ALL birthday treats must come from this list.
- Homemade food items are NOT permitted.
- Food labels/ingredients may change over time, so it is always recommended that YOU read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read: “May contain traces of peanuts/nuts.”
- ALL items must be individually wrapped or packaged according to the Texas Health Department.

HEALTHY SNACKS (DAILY)

- Fresh Fruits/Vegetables
 - Any fresh fruit: apples, oranges, bananas, grape ½, pears, plums, clementine's, strawberries, melons, berries, etc...
 - Fresh vegetables: grape tomatoes ½, cucumber slices, broccoli, cauliflower, peppers strips etc...
- Hard boiled eggs
- Yogurt (2s and older)
- Cheese
- Skinny Pop Popcorn

DIPS

- Kraft & Hidden Valley Ranch Dressing

FRUIT SNACKS/DRIED FRUIT

- Ocean Spray Craisins
- Bare Fruit all natural apple chips
- Annie's Bunny fruit snacks
- Betty Crocker fruit roll ups
- Clif Kid organic twisted fruit – strawberry, mixed fruit
- Gerbs dried fruit
- Brother's All Natural fruit crisps
- That's It. Fruit bars

CRACKERS/SNACK ITEMS

- Triscuits – original
- Wheat Thins – original
- Nabisco Oyster Crackers
- Kraft Handi Snacks – original
- Cheese Nips – Cheddar
- Cheez-Its
- Town House Club Crackers
- Premium Saltines - Original
- Keebler Club crackers
- Goldfish crackers
 - cheddar, parmesan, whole grain
- Animal Crackers
 - Austin Zoo brand, Barnum brand
- Annie's Organic Bunny classics
 - cheddar and butter
- Nabisco Honey Maid Graham Crackers
- Keebler Graham crackers
- Teddy grahams
- Nabisco and Keebler brand Vanilla Wafers
- Enjoy Life Brand items

CHEESE SNACKS

- Pirates Booty – aged white cheddar

CEREAL

- Cheerios – original yellow box
- Alpha Bits
- Corn Pops
- Chex – Original Rice, Corn and Wheat only

GRANOLA BARS

- NutriGrain Cereal Bars – apple, cherry, raspberry, blueberry
- Made Good brand granola bars

GOOD HEALTH VEGGIE STIX

PRETZELS

- Rold Gold Brand pretzels
- Pepperidge Farm Goldfish Pretzels
- Annie's Organic Pretzel Bunnies
- Annie's Organic Honey Wheat Pretzel Bunnies

SPECIAL TREATS

BIRTHDAY OR HOLIDAY PARTIES

- Kraft Marshmallows
- Lorna Doone Shortbread cookies
- Oreos – Original only
- Newtons – original fig, whole grain, strawberry, raspberry
- Kellogg's brand Rice Krispy Treats
- Kraft Handi Snack pudding cups
 - vanilla or chocolate
- Hunt's pudding snacks
 - vanilla or chocolate
- Kraft Jello Gelatin snack cups
- Enjoy Life brand cookies
- Faith Cookies by Clever
(can be found at Walmart)

*Walmart sells pre-packaged cookies/cupcakes “The Bakery” brand, with a small nut-free sticker on top.

