



Packing Snacks and a Lunch Each Day

We encourage healthy eating at Peanut Shell. Try and include at least one food from each food group (whole grain, protein, fruit, vegetable, dairy) and leave the sugary snacks at home please! (This includes fruit gummies)

Please send in containers and snacks that students can open independently. We can not peel hard boiled eggs, oranges, or cut up food.

Peanut Shell provide morning and afternoon snacks, however you may always send in something from home.

***Remember we are a nut free school.*

Here are some lunch and snack ideas:

- Leftovers from last night's dinner can be quickly packed in a thermos.
- Spaghetti with tomato sauce or a favorite casserole.
- Sandwiches
- Salmon/chicken, veggies, and brown rice.
- Chili with brown rice or whole grain crackers.
- Stir-fry with brown rice.
- Soup in a thermos with whole grain crackers.
- Yogurt, fruit, granola or cereal (nut free).
- Cottage cheese and fruit.
- Chicken and/or bean burrito on a whole grain tortilla.
- Pita bread stuffed with hummus, sprouts, and tomato.
- Guacamole and/or salsa with chips.
- Whole grain bagel and cream cheese.
- Carrot sticks, cucumbers, celery, peppers, grape tomatoes and dressing or hummus
- Celery (add soy nut butter, or cream cheese, and raisins).
- Snap peas or Edamame.
- Broccoli with ranch dressing for dipping.
- Whole grain crackers with cheese or cream cheese, hard-boiled eggs, lunch meat, or soy nut butter.

Per NAEYC regulations, children under four cannot be served the following foods:

hot dogs, whole or sliced into rounds; whole grapes; nuts; popcorn; raw peas and hard large pretzels; spoonfuls of soy butter; or chunks of raw carrots or meat larger than can be swallowed whole.