



NUT-FREE LUNCH PACKING CHECKLIST

100% Peanut & Tree Nut Free Snack
Ideas for Safe, Simple Lunches

www.nutphrees.com



Main Lunch Ideas

- Turkey & cheese roll-ups
- Cream cheese + cucumber sandwich on nut-free bread
- Hummus + veggie wrap
- Sunflower seed butter & jelly - **check school rules**

Crunchy Snacks

- SkinnyPop mini packs
- Bitsy's Cheddar Crackers
- MadeGood granola bars
- Harvest Snaps pea crisps

Fruits & Veggies

- Apple slices with lemon
- Carrot sticks + ranch
- Grapes cut for kids
- Cucumber coins

Treats

- Enjoy Life cookies
- MadeGood chocolate chip minis
- YumEarth lollipops
- Homemade nut-free banana muffin

Drinks

- Water
- Honest Kids juice pouch
- Horizon milk box

Always double-check labels before serving. Brands may update ingredients without notice.

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