IDEAS FOR THE LUNCHBOX!

Please remember that Bristow Montessori School is a **peanut and tree nut free school**, as we have many students with life threatening nut allergies. Additionally, please remember that fruits with pits are in the nut family. This includes, but is not limited to, peaches, mangoes, nectarines, plums, and avocados. Additionally, please try not to send in food that has been processed in a facility that produces foods containing nuts (i.e. various granola bars). We appreciate your help in this matter ☺

Drinks (no beverages made with nuts such as Almond or Cashew milk please)

- 100% all natural juices
- Milk
- Spring Water

Sandwiches

- Cream cheese & jelly/cucumbers
- Grilled Cheese
- Egg Salad
- Soy/Sunflower butter & jelly
- Chicken or Tuna Salad
- Bagels with Cream Cheese
- Meat and Cheese

Main Dishes

- Hummus or baba ganoush, with pita bread
- Pasta (an easy to spear variety like ziti or shells)
- Ravioli or Tortellini
- Omelet or Quiche
- Soup & crackers
- Wrap Sandwiches
- Leftovers
- Yogurt
- Chicken Nuggets

Other ideas

- Fruit – Cut up grapes, watermelon, strawberries, blueberries, bananas, etc. For fruits such as apples or pears, please peel and cut.
- Rice Cakes
- Popcorn cakes
- Chips & Salsa
- Cheese & Crackers
- Cottage Cheese
- Salad