

NUT and MEAT FREE LUNCH IDEAS



"With lunch box technology these days, we have the luxury to go beyond sandwiches and still give our kids healthy foods. Whatever time our kids eat lunch, their food will still be cold (with ice packs and/or thermal containers) or warm (using thermal containers). We've also noticed the kids and parents have learned from each other in discovering new food possibilities. Please do contribute any news ideas so we can keep the list growing. We didn't mention that leftovers from the previous night's dinner are also a big hit. We hope you find our list helpful."

Many brands are Kosher but we recommend always checking the labels.

Main dishes:

1. basmati rice and lentils, carrots and raisins (20 minutes cooking time).
1/4 cup total added to 1/2 cup of boiling water. Add a few sprinkles of cinnamon and a bit more sugar than cinnamon, a dash of salt. Turn down heat to low simmer and cover. Add some cut up carrots and a small handful of raisins for the last 8 minutes of cooking.
2. cream cheese and jelly sandwich
3. pita with cream cheese and olives
4. toasted mini frozen waffles with butter
5. mac and cheese
6. pizza - cheap and healthy.
7. lasagne; any combination of ingredients your kid eats!
8. yoghurt. Or, for fun, yogurt and blueberry blood. The kids mix their own container of low-fat yogurt with honey drizzled on top and mixed in. pour on a handful of frozen blueberries, don't mix them in. The blueberries will thaw before lunch. When they open the container at lunch, the blueberries will have released their blood and the kids mix the blood in themselves. Don't put ice under the yogurt; the cold of the blueberries will keep the yogurt chilled.
9. quiche(either mini-Quiches frozen or homemade with frozen crusts: 3 eggs, 1 cup milk , 1/2 cup cooked vegetable, cook for 45 min. at 375 degrees--pretty easy and healthy)
10. cheese sandwiches cut into fun shapes with a knife or cookie cutter
11. egg salad sandwich
12. veggie baloney
13. veggie nuggets (Morningstar Farms is good, makes a bunch of different ones); don't forget the dip!
14. tortellini with cheese (consider a dipping sauce)
15. hard boiled eggs and noodles
16. pretzels and cream cheese
17. bagel and cream cheese (can do baby bagels, for small tummies), maybe with olives, cucumber, even just butter
18. french toast
19. tuna fish sandwich
20. pasta in soy sauce, butter, marinara sauce
21. pancakes, plain or with fruit - banana is especially good
22. dry cereal
23. zucchini latkes (frozen kind)
24. frozen potato Latkes (send with a little single serve apple sauce)
25. fake chicken (soy) nuggets
26. canned garbanzo beans
27. pesto pasta, another non-meat and room temperature meal, found in the refrigerator section. If green sauce freaks your kid out, try just some olive oil and grated cheese.
28. noodle mixes (vegetarian, buckwheat noodles with Asian sauce--high in protein)

29. grilled cheese sandwich with tomato soup: there are some things kids don't mind eating cold. That's the sandwich. Send the soup in a thermos, and encourage/teach dunking of the sandwich into the soup at home.
30. black beans and rice. Make or use leftover rice of your choice, and add a small container of canned, rinsed and drained black beans. You could also send chopped tomatoes.
31. mini-sandwiches with cheese
32. add fresh spinach to gnocchi or gnocchi plain or with tomato sauce
33. anything with raisins in it - I have added raisins to butternut squash soup which has been a big success.
34. hard boiled egg
35. rice pulaos - attached is one from the Enchanted Broccoli Forest, by Mollie Katzen:
 - 1 to 2 T butter or canola oil, 1 cup chopped onion, 1 T minced fresh ginger, 3/4 tsp salt, 1 tsp mustard seeds, 1 tsp tumeric, 2 tsp ground coriander, 1 tsp ground fennel seed, 3 to 4 T, water (as needed), 2 medium carrots, diced, 2 large cloves garlic, minced, 1 med. bell pepper, diced, 1/2 cup raisins, about 6 cups cooked basmati rice
 - 1) melt butter or heat oil in large, deep skillet. Add onion, ginger, salt and spices, and sauté over medium/low heat for 5 - 8 minutes, adding small amounts of water, as needed, to prevent sticking.
 - 2) add carrots and garlic, stir and cover. Cook for 5 minutes or until carrots are just tender. Stir in bell pepper, cover again, and cook 5 min. longer.
 - 3) add raisins and cooked rice, mix well. Cook and stir over very low heat for few minutes longer, then serve!

Side dishes:

1. carrots (consider a dip!)
2. peas
3. celery
4. frozen broccoli or any other vegetable your child will still eat
5. veggie booty
6. cucumbers
7. avocado, cucumber and tomatoes
8. cottage cheese
9. olives
10. green beans
11. baked beans
12. edamame beans
13. hummus

Desserts:

1. canned pears
2. canned pineapple
3. dried apricots
4. container of fresh cut up fruit - I might add a touch of sugar and lemon to some berries. Grapes! Cut in half, of course.
5. applesauce
6. yogurt
7. clementines (peeled)
8. raisins
9. banana pudding, rice pudding (there's a range of these, all good)

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