

ADMISSIONS MANUAL	
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Peanut Butter-Less Lunches

It can be challenging to make lunches & snacks for your children without the famous peanut butter sandwich.

The following foods have approximately the same amount of protein as 2 tablespoons of peanut butter (1 serving of Meat & Alternatives):

1 oz meat	1 oz cheddar cheese
1 cup yogurt	1 cup raisin bran (Post)
1 cup milk	1 bagel

In fact, one slice of cheese pizza has almost two times the protein as 2 tablespoons of peanut butter.

School Lunches Ideas - Easy, Nutritious and Peanut Butter-less!

The lunch meal should contain at least one food from each of the four food groups of Canada's Food Guide to Healthy Eating. Mix and Match to plan a balanced lunch:

Grain Products	Vegetables & Fruit	Milk Products	Meat & Alternatives
bread -whole wheat, rye, cracked	fresh fruit	2%, 1%, skim milk	hard boiled egg
Wheat, oatmeal	Canned fruit in own juices	Yogurt	Chick peas
Pumpernickel	Fruit juice	Cheese	Refried beans
Bagels, rolls, buns	Vegetable sticks (with dip)	Cottage cheese	Leftover chicken leg
English muffin	Vegetable juice	Milk-base custard or pudding	Cold meatloaf
Leftover pasta - like macaroni & cheese or spaghetti		Milk-based cream	Cold cuts
Muffins		soup	Hot chili con carne
Pita bread		Quark cheese	Hot vegetarian chili
Crackers		Cheese slices	Hot beef stew
			Leftover pizza
			Hot baked beans
			Hot lentil soup

Example Peanut Butter-less Menus

Monday	Tuesday	Wednesday
Sliced meat, cheese and lettuce in a pita	Cold hard boiled egg	Crackers with cheese cubes or cheese slices
Carrot sticks	Celery stuffed with soft cheese	Sliced cold cuts
Orange slices	Raisin bran muffin	Cucumber slices
Milk	Milk pudding	Canned fruit (in juice)
	Fruit juice	milk

Thursday	Friday
Leftover pizza	Leftover spaghetti with meat sauce
Green pepper rings	Vegetables & dip
Yogurt	Fresh fruit
Fruit juice	milk

Plus - Peanut Butter-less Snacks!

Plain yogurt mixed with fruit	milk puddings
Fruit cups (canned in juice)	any fresh fruit
Celery sticks stuffed with soft cheese	cheese and crackers
Whole grain cereal	whole grain muffin
Half bagel with cheese	juice boxes - vegetable or fruit
Popcorn for older children	vegetables with dip
Sliced meat wrapped around	hard boiled egg
Cheese sticks	
Mini pitas stuffed with cheese - try cream, swiss, gouda	
Mini bagels with cream cheese and cucumber slices.	

How to read a label for a Peanut Free Diet

Avoid foods containing any of these ingredients

Ground nuts	mixed nuts	peanut
peanut butter	peanut flour	Nu-nuts *
cold pressed peanut oil		sweet lupine flour
mandelonas	tristearin	

Foods that may have peanut protein:

African, Chinese and Thai dishes
 Baked goods eg. Cookies, chips, pastries
 Candy and chocolate eg. Candy bars
 Chili, egg rolls, hydrolyzed plant protein
 Hydrolyzed vegetable protein,
 Marzipan and nougat