

### **Beyond Basic Lunch:**

Egg salad with Avocado Mayo on sourdough bread

Goat Cheddar Cheese Cubes

Fruit Skewers

Olives

Coconut Date Rolls

*\*Avocado mayo is made without soybean oil or other inflammatory vegetable oils.*

*\*Goat dairy is better tolerated and easier to digest for most people including kids.*

*\*Olives are a healthy fat that are easy to pack in lunches.*

*\*Dates are a naturally sweet treat.*

### **Very Vegetarian**

Hilary's Root Burger w/ avocado slices

Hummus with carrot sticks

Black Bean Chips

Banana with almond butter

*\*Making sure to get enough plant based protein is key to any vegetarian lifestyle.*

*\*Millet, black bean, hummus, almonds and avocado are all good sources of protein versus soy based products.*

### **Allergen-Free**

Lunch Kebobs

Paleo Puffs

Apple Rings with Sunflower Seed Butter

Enjoy Life Chocolate Chips

*\*Making food fun is helpful when options are limited.*

*\*Lesser Evil makes an allergen free puff that every kid will enjoy and is free from the junk.*

*\*Sunflower Seed Butter and tahini can be good alternatives for those with nut allergies.*

*\*Enjoy Life Chocolate Chips are an allergen free chocolate.*

