

**Not sure what to send for lunch that isn't peanut butter? Well..... here are some suggestions
Terrific Dairy Lunch Ideas – All Camp**

Sandwich Combinations

Cream cheese and raisins	Cream cheese and jelly
Cheese & tomato with sprouts/avocado/pickles	Tuna salad
Sliced egg with veggies	Tahini and jelly
Tortilla with cheese	Grilled cheese
Tahini with sprouts & seeds	Cold pizza
Humus and pita and vegetables	Pancakes with fillings: jam, honey, cheese or apple chunks
Garden or other Veggie burgers	
Meatless (soy) deli slices such as Tofurky (tastes the best), Ives slices	
Use Soy-Nut Butter instead of Peanut Butter (it's hard to tell the difference!)	

Be creative in how you prepare the sandwiches by cutting them into circles, triangles, et c. or use tortillas and make wraps. Also use a variety of breads and crackers. Good bread choices are pita, bagel, lavash, tortilla, whole wheat, rye and bread sticks. Or include muffins such as bran, raisin, blueberry, pumpkin, etc. Crackers could include Rice Cakes, Wheatines, Stoned Wheat, Akmak and other whole grain options..

Container Fillers

Cold pasta salad with olives	Macaroni & Cheese
Cottage cheese and fruit	Carrot and raisin salad
Vegetarian vegetable noodle soup	Stuffed artichoke or avocado potato salad
Tomato & rice soup without chicken stock	Cheese and crackers
Fruit salad	3-bean salad
Rice and beans	Egg salad
Tuna salad	Tofu and veggies
Tofu and applesauce	Dry granola (add yogurt at school)
Honey & wheat-germ with yogurt and fruit	Tofu dogs
Meatless nuggets or fish sticks	cracker pizzas
Annie's Stars or O's	

PLEASE AVOID JUNK FOOD. Instead, you can offer:

- Popcorn (for children over three years of age)
- Celery stuffed with cream cheese
- Dried fruit: raisins, dates, prunes, apricots, etc.
- Fresh vegetables with dip: carrots, celery, cherry tomatoes, zucchini, green peppers, pickles, olives
- Trail mix
- Chunks of cheese or cheese sticks
- Corn on the cob (great raw!) or edamame
- Corn or cheese puffs
- Fish sticks or sushi
- Whole wheat or sesame pretzels or pita chips
- Cold potato

Please try to balance and vary your child's lunch – avoid junk food.

Hang this in your kitchen and add any ideas that work well for you.