

Peanut, Nut, and Fish Alternatives

Peanut butter alternatives:

- Sunflower butter (a popular brand is SunButter which we use in the cafeteria),
- Soy butter
- Pea butter

Nutella Alternatives:

- [Don't Go Nuts Roasted Soybean Spread Chocolate](#)
- [SunButter Chocolate Jar \(New!\)](#)
- [88 Acres Sunflower Seed Butter, Dark Chocolate Spread](#)
- [Beyond the Equator – 5 Seed Butter Chocolate Spread](#)
- [Soom Foods Chocolate Tahini Halva Spread](#)
- [Kween Chocolate Granola Butter Spread](#)

What about the protein?

(Peanut butter's 7 grams for 2 tablespoons)

- **Eggs** (6g protein/egg).
- **Beans/Lentils** (7g protein in ½ cup of black beans).
- **Milk/Greek Yogurt** (8g protein per cup, or 10g for 1/2 cup greek yogurt).
- **Sunflower seeds** (5.5g protein per ¼ cup).

<https://holleygrainger.com/nut-free-school-lunch-ideas/>

Other Great Protein Lunch/Snack Ideas:

- Hummus
- Mini Babybel Cheese
- Apple Slices Peanut Butter/Nutella Substitute
- Crunchy Chickpeas
- Yogurt Pops and/or Squeezables
- Omelet Muffins
- Nut-Free Ants on a Log
- Granola With Seeds
- Sesame Seed Raisin Bars
- Feta Dip
- Edamame
- Hard-Boiled Eggs
- Deli Roll-Ups
- Smoothies
- Quesadilla

<https://www.epicurious.com/recipes-menus/high-protein-nut-free-snacks-for-kids-article>

Non-sandwich school lunch ideas:

- Sandwich Wraps
- Pizza
- Green or Grain Salad
- Pasta/grain salad
- Meat and Cheese Skewers
- Pasta Salad or Spaghetti
- Burger or Sliders
- Hot Dogs
- Homemade Lunchable

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