



School Lunch Ideas

Please note: this is not a complete list of gluten-free and/or casein-free items. There are many other choices. Just use these items to help get your imagination started. Items marked with * are GFCF.

Meats

Oscar Mayer Bologna (chicken & pork, beef)
Oscar Mayer Ham (most varieties-Baked, Boiled, Honey, Chopped)
Oscar Mayer Salami (Cotto with chicken, beef and pork, or Beef alone)
Oscar Mayer Turkey (Oven Roasted, Smoked)
Swanson Chunk Chicken (or white chicken) in the 3, 5 or 10 are GF
Hormel Chunk Meats (Chicken, Breast of Chicken, Turkey, Ham)
Hormel Black or Red Label Bacon
Oscar Mayer Bacon Regular
Hormel Vienna Sausage
Hormel Smokies
Wrangler Franks
* Ball Park Franks
Hormel Cure 81 Ham (Slice it or dice it)
Hormel Original Pepperoni Slices (labeled "Gluten-free")
Hormel Hard Salami Deli Meats Slices (labeled "Gluten-free")
Hormel Cooked Ham Deli Meats Slices (labeled "Gluten-free")
Hormel Smoked Turkey Deli Meats Slices (labeled "Gluten-free")
Hot Dogs (Oscar Mayer Turkey & Pork, Beef, Ben-length)
GF chicken nuggets
Brisket (marinated/basted with French's Worcestershire Sauce & water)
Hillshire Farms Meats (all Hillshire is GF except Corn Dogs and Beer Bratwurst)
Use a Zatarains Jambalya mix (Long Grain or Yellow Rice are GF too) and add
Hillshire Farms Smoked Sausage
Fish (use Zatarains Southern Fish Fry and Catfish) or any baked or broiled fish

Meals

* Sandwiches (made with your bread of choice, of course you might want to have access to a microwave)
* GF cracker sandwich with peanut butter (Jif, Planters, Skippy)
* Salads (add any of the above meats to get additional protein)

- Delimex Taquitos – Beef (not Beef and Cheese)
- Delimex Taquitos – Chicken (not Chicken and Cheese)
- Delimex Beef Tamales
- Tacos (corn shell, and McCormick seasoning in beef or plain chicken)
- * Dinty Moore Beef Stew
- Manwich (alone or with GF bread/bun)
- * Kids Kitchen Beans & Weiners
- Chef Boyardee Rice with Chicken & Vegetables
- Dennison's or homemade chili
- Bush's Baked Beans
- * Homemade potato salad (for CF use Real Mayonaise and no egg)
- GF spaghetti and maybe include meatballs
 - Prego 14, 28, 48 Traditional Sauce is GF, and the 4lb. Mushroom is GF. This does not include any other mushroom size. This is also not the zesty mushroom.
- Macaroni-n-cheese (make with GF pasta and add a sauce made from velveeta and milk) might be best if Mom could deliver to child at school
- * Hormel Chili with Beans
- * Homemade Frito-pie (made with Fritos and Hormel Chili with Beans and Kraft shredded cheddar cheese) note: the Hormel No Bean Chili is NOT GF
- * Homemade Fried Rice (w/chicken or ham, egg, peas, green onion, chopped onion & carrot, Chung King wheat-free soy sauce - great way to get veggies in)
- * Homemade Chicken-n-Rice
- * Homemade Beef Tips & Rice (maybe add some different vegetables)
- * Roast with vegetables
- * Mashed potatoes (with butter or margarine of course)

Fruits & Vegetables

- * Raw vegetables (try this with some Kraft Ranch Salad Dressing, or Kraft Ranch Dip)
 - broccoli
 - cauliflower
 - carrots
 - celery
- * Cooked vegetables
 - Corn on the cob
- * Apples (GF - make caramel apples with Hershey's Traditional Caramel)
- * Oranges
- * Raisins
- * Bananas
- * Grapes
- * Homemade fruit cups or fruit salad bowls with juices from oranges
 - try these:
 - strawberries & bananas
 - pineapple, peaches and pears
 - dried coconut & pineapple
 - any dried fruits (apples, banana chips, etc)
 - cucumbers
 - green peppers

Snacks

Crispy Treats (made with Cocoa Pebbles, Jet-Puffed Marshmallows, and margarine
Following standard Rice Krispy Treats recipe on marshmallow bag)

Fruitsations berry & apple sauce

* Fruit Snacks (most Kraft or Nabisco are GF, careful of Brach's new licorice type fruit snack-it contains wheat flour. CF must be verified as well)

* Frito-Lay Chips (See attached List, there are many choices)

Torengos (tortilla chips in Pringles-like can)

* Pik-Nik shoestring potatoes

Quakes Cinnamon Apple rice cakes

* Dry cereal (Panda Puffs or Gorilla Munch)

* GF or GFCF cookies

GF brownies (these will be a hit! GF is almost better than regular)

* Fruity Booty

* GF or GFCF Pretzels

* Homemade cookies or muffins

* Popcorn – Act II

* Popcorn balls

Jello (most store brands are GF)

Jello Tubes are great!

Yogurt – the new go-gurt (spelling?) by Yoplait are great!

At the beginning of the year make their favorite treat (probably cupcakes or brownies) and freeze them. The school should be willing to keep them in their freezer. This will allow the school to accommodate your child without prior knowledge. Also give them a bag of candy to keep on hand for a reward, and/or to exchange if candy is passed out. Halloween is a good time to stock up since many items are in small packages.

GF

Tootsie Rolls

Dots

Child's Play Mix

Snickers

M&M's (not crispy kind)

Reeses Peanut Butter Cup

Baby Ruth

Butterfinger (includes BB's)

Chunky

Nestle Milk Chocolate

Oh Henry!

Wonderball

Goobers
Raisinets
Sno-caps
Spree
Chewy SweeTARTS
Regular SweeTARTS
Bit-O-Honey
Gummy-Savers
Junior Mints
Sugar Babies
Blow Pops
Charms Pops
Hershey's Traditional Caramel

GF/CF

Smarties (only if manufactured in US)
Pixie Stix
Starburst
Jelly Beans
Laffy Taffy
Mike & Ike
Red Hots
Gummy Savers
Dark chocolate coins
It's Delish mint lentils