



**JEA Preschool Savannah**  
**Delicious, Healthy, No-Meat Lunchbox Ideas**

**Sandwiches or “main course” items:**

- ◇ Goat cheese and honey on bread or pita
  - ◇ Cream cheese on bread or pita
- ◇ Cream cheese and kiwi (or cucumber) on bread or pita
  - ◇ Cream cheese and jelly on bread or pita
  - ◇ Cream cheese and lox (salmon) on bread or pita
  - ◇ Cream cheese and avocado on bread or pita
    - ◇ Refried beans, rice and cheese tortilla
    - ◇ Cheese tortilla
  - ◇ Sunflower butter and banana on bread
  - ◇ Sunflower butter and honey on bread or pita
  - ◇ Sunflower butter and jelly on bread or pita
- ◇ Hummus, avocado and feta cheese on bread or pita
- ◇ Avocado Egg Salad (Avocado, eggs, greek yogurt, mustard) on bread or pita
- ◇ Cheddar and Apple Sandwich (Cheddar cheese, sliced apples, mustard) on bread or pita
  - ◇ Slice of cheese pizza
  - ◇ Pasta with tomato or cheese sauce
  - ◇ Black beans and rice
  - ◇ Cup of tuna or chopped fish

**Additional or “side” items:**

- ◇ Cup of cottage cheese with blackberries and cinnamon
  - ◇ Sliced hard-boiled egg
  - ◇ Sweet potato chunks
- ◇ Cup of yogurt with blueberries or pineapple bits
  - ◇ Bean dips or cheese dips with tortilla chips
    - ◇ Mashed potatoes
  - ◇ Blueberry or other small muffins
  - ◇ Small roll, biscuit or toast
    - ◇ Rice or pasta
- ◇ Soft-cooked or steamed green beans, peas, broccoli, carrots or asparagus tips (not raw)
  - ◇ Whole grain or vegetable crackers
  - ◇ Applesauce, mixed fruit cup, or banana
    - ◇ Cheese sticks
- ◇ Sliced papaya, kiwi, tomatoes, nectarines, or apricots
  - ◇ Granola bars / Oat bars that contain NO nuts

The above suggested lunch items include grains, proteins, dairy, fruits and veggies.  
Be sure to pack your child a variety of these items so they will have a nutritionally balanced lunch. ☺

***NOTE: We are Kosher sensitive here at the JEA, so please do not include any meat, chicken, shellfish or pork in your child's lunch. We are also a nut-sensitive school, so peanut butter and all nuts are not permitted. You may use a substitution such as sunflower butter. In addition, please be aware that Bright From the Start state licensing regulations prohibit the serving of grapes, hot dogs, popcorn, raw carrots, and peanuts to any child under 3 years old. Please do not send these items. Thank you.***