

Cold Lunch

Giggly Hugs does NOT provide lunches for the children. Parents will need to send a cold lunch.

Lunches are kept in your child's classroom. If it needs to be kept cold please send in a bag with an ice pack.

We do not have the ability to cook or microwave food, so if you want to send hot food you can use a thermos.

We are peanut/tree nut free, so please pack accordingly

Tip # 1- Don't stress out about variety! The same lunch every day is just fine!

Tip # 2- You would be surprised at what kids will eat cold

Tip # 3- Buy a thermos to use for hot foods. It will add variety to what you can pack and is super easy to use.

Ala Carte Items (pack a few...mix and match):

Cheese stick or chunks

Fruit (bananas, strawberries, apples, melon)

Veggies (green pepper, carrots, broccoli, sugar snap peas)

Yogurt

Applesauce

Cottage Cheese

Snack Bars (nut/peanut free)

Crackers

Hard Boiled Egg

Lunch Meat or Cold Chicken Breast, Turkey Breast etc

Hummus Dip

Soft Pretzel

Thermos Food (buy a cheap soup thermos😊)

Hot Dogs

Steamed Veggies

Ravioli

Spaghetti-O

Soup

Casserole (or dinner leftovers)

Ramen Noodles

Chicken Nuggets

Rice with meat and veggies

**All of the above are good cold or room temp also!

Fun Cold Options:

Cold pasta (mix in cheese, veggies, old cuts, bacon)

Fruit and Cheese Platter

Veggies and Fruit with Sunflower Butter to dip

Tortilla Wraps (spread cream cheese on a tortilla and lunch meat & veggies..roll up and eat)

Sunflower Butter and Banana Sandwich

Crunchy Sandwich (2 rice cakes with jelly and cream cheese stack together like a sandwich)

Bagel Sandwich...or bagel with cream cheese or sunflower butter

Egg Salad, Tuna Salad or Chicken Salad Sandwich (or in a half pita pocket)

Pre Packaged Options:

Lunchables

*If a nutritious meal is not provided for the child, then Giggly Hugs will provide one and charge the parent's account \$5.00. If a meal is not provided for 5 days then Giggly Hugs may terminate care.