



Vegetarian Lunch Ideas

Patient and Family Education

What is a vegetarian diet?

A vegetarian diet includes plant foods and may or may not include eggs or dairy. There are three types of vegetarians:

1. **Lacto-ovo-vegetarians** eat milk, cheese, yogurt, and eggs.
2. **Lacto-vegetarians** eat milk, cheese, and yogurt, but avoid eggs.
3. **Vegans** avoid eating meat, poultry, fish, seafood, eggs, milk, cheese and yogurt.

What are some vegetarian lunch ideas that I can feed my child?

- Offer a well-balanced lunch that includes a protein source, grain or bread, fruit or fruit juice, and vegetables.
- Left over dinner makes an easy lunch. This may include casseroles, burritos, stir-fry rice with vegetables, and pot pies.
- Warm soup in thermos and/or dry noodles to add to hot water at school.
- Some sandwich ideas may include: cheese and peanut butter sandwich, egg salad sandwich with sprouts or lettuce and avocado, Pimento cheese on whole wheat bread, vegetables like cucumbers or tomatoes and humus on a bagel, veggie pita bread pockets, veggie burger or tofu hot dog.

Below are some daily lunch ideas that may help you plan a vegetarian lunch for your child:

DAY ONE: Cucumber sandwich, mozzarella cheese stick, sliced apple and pear, tortilla chips.

DAY TWO: Peanut butter and honey sandwich, baby carrots, dried fruit such as apples or apricots, granola cookie. Humus/Tahini/vegetable sandwich.

DAY THREE: Veggie burger on whole-wheat bun with ketchup, celery sticks with cream cheese filling, fresh fruit such as strawberries or melon.

DAY FOUR: Quesadilla (tortilla with cheese and mashed beans), broccoli "trees" with ranch dip, half apple, pretzel sticks.

DAY FIVE: Chopped tofu sautéed (in tamari) and black olives in pita, ½ cup lemon or vanilla yogurt, fruit salad (chopped fruits with nuts, lemon juice), gingersnaps (no-sugar variety).

DAY SIX: Macaroni and cheese, fruit yogurt and carrot sticks, 4-oz. juice.

Some snack ideas may include the following: Cheese crackers, peanut butter crackers, rice cakes, nuts, fruit roll-ups, dried fruit, raisins and muffins or cookies and crackers.

Who should I call if I have questions about vegetarian lunches?

Call your child's nutritionist or your child's doctor.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child.