

# Ideas for Gluten-Free Lunches

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A sandwich on gluten-free bread is always an option for lunch, but when your child needs a change of pace, here are some creative ideas to pack for lunch:

## GF Corn tortilla roll-up

1. Spread tortilla with refried beans, shredded cheese, and salsa.
2. Roll up.

Or...

1. Spread tortilla with tuna salad and shredded carrots.
2. Roll up.

Or get creative with other fillings, like chicken salad, cheese, turkey, peanut butter, cream cheese and vegetables, egg salad, hummus, etc.

## Fill a small container with tuna salad, chicken salad, egg salad, or hummus.

Serve with rice crackers.

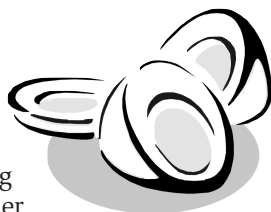
## Fill a small container with hummus or peanut butter.

Serve with carrot sticks, celery sticks, bell pepper strips, cucumber spears, or other vegetables.

## Hard-boiled egg

## Rice cakes spread with...

Tuna salad, chicken salad, egg salad, hummus, peanut butter, other nut butters, or jam.



## Lettuce wrap

1. Wash and dry a large lettuce leaf.
2. Put 1 slice turkey and 1 slice cheese on leaf.
3. Roll up.

Or wrap other foods in a lettuce leaf, such as roast beef, ham, tofu, diced chicken breast, or vegetables.

## Taco salad

1. Make a salad with any/all of the following: lettuce, tomatoes, shredded carrot, bell pepper, shredded cheese, black beans, diced chicken. Or get creative and add anything else your child likes.



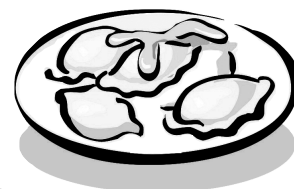
2. Pack a small container with GF salsa and GF ranch dressing mixed together.
3. Pack some tortilla chips on the side to crumble over the salad.

## Rice and beans

1. Prepare rice.
2. Mix equal parts cooked rice and black beans (or any other type of bean, such as pinto or kidney).
3. Add salsa to taste. You can also add cooked vegetables and shredded cheese.
4. This can be served plain, wrapped in a corn tortilla, or with tortilla chips.

## Gluten-free pasta salad

1. Prepare gluten-free pasta.
2. Toss with a vinaigrette dressing, and any/all of the following: chick peas, diced chicken, diced celery, diced bell pepper, shredded carrot (or add other vegetables, beans, meat, or dressings that your child likes).



## Crustless quiche

1. Combine 5 beaten eggs, 3 cups frozen GF hash browns, 4 oz cheddar cheese, 1/2 cup cottage cheese, 1 green onion, salt and pepper. Mix well and pour into greased 9-inch pie pan.
2. Bake at 350° for 30-40 minutes, or until set.
3. Slice the quiche into wedges, can be served cold or warm.

You can also add chopped vegetables, ham, or other ingredients before baking.

## Tofu Salad

1. Mix 1 cup drained mashed tofu (use extra-firm), 1/2 cup GF mayonnaise, 1 Tbsp GF Dijon mustard, 1 tsp dried dill, 1/4 cup diced celery, and 1/4 cup diced bell pepper. Add salt and pepper to taste.
2. Serve with rice crackers, tortilla, rice cake, pasta salad, or over a green salad. Can also be served on toasted gluten-free bread.

You can also add other vegetables, such as diced green onion, red onion, cucumber, etc.