

For your convenience we have provided you with this list of suggestions that will help you to make creative choices for your children's lunches within our Kashrut policy:

Main Course

Bagel and cream cheese
Cheese pizza
Vegetable pizza
Cream cheese and jelly sandwich
Grilled cheese sandwich
Peanut butter and jelly sandwich
Peanut butter and fluff sandwich
Humus on pita bread
Baba ganoush (eggplant spread)
Fish sticks
Pasta in butter sauce
Macaroni and cheese
Spaghetti and tomato sauce
Tuna melt
Veggie melt
Tuna noodle casserole
Cereal with milk
Cottage cheese and fruit
Yogurt and fruit
Vegetarian soup

Salads

Egg salad
Salmon salad
Tossed salad
Tuna salad

Vegetables

Any vegetables with dips
Broccoli/cauliflower florets
Carrot and celery sticks
Corn
Corn on the cob
Cucumber
Olives
Baked potato with cheese
Baked potato with veggies
French fries
Roasted potatoes
Sweet potatoes
Peas
Fresh pepper sticks

Rice

White or brown rice

Fruit

Apple
Banana
Blueberries
Cantaloupe
Grapefruit
Grapes
Honeydew
Kiwi
Mango
Orange
Pear
Pineapple
Strawberries
Watermelon

Snacks

Apples and peanut butter
Celery and peanut butter
Cheese crackers
Cookies
Crackers and sliced cheese
Granola
Granola bars
Muffins
Potato chips
Pretzels
Raisins
Tortilla chips and dips
Veggie nachos and salsa

Cheese

String cheese
Cheeses of any kind

