

Lunch Ideas

Important: We are a **peanut/nut aware school**. In order to maintain the safest possible environment, we strive to maintain a **strict no peanut/nut policy**. Please do not send any food that contains peanuts or nuts, particularly peanut or nut butters. Please **check the ingredient labels** on all products to make sure there are **no peanuts or nuts** in the products you send to preschool. (If you send a soy butter sandwich for lunch, please let the teacher know so it isn't mistaken for a peanut butter sandwich.)

- Please send a dairy or pareve* lunch.
- No meat lunches allowed.
- Do not send in any candy or sticky fruit candy (fruit leather, fruit by the foot, etc.)
- Any packaged product sent in your child's lunch box must have a kosher symbol. Should you have any further questions, feel free to speak to your child's teacher or the director.
- If you decide to send in a cookie dessert, please remind your child that this should be eaten only after all the healthy food has been eaten. Our teachers encourage the children to eat their healthy food first.

Sandwiches:

Cream cheese
Tuna fish
Sunflower butter and jelly
Egg or egg salad
Butter

Fruits and Vegetables:

Sliced cucumbers
Sliced tomatoes
Celery sticks
Melon cubes
Fruit cups
Apples
Applesauce
Grapes (cut please)

General:

Yogurt
Sliced cheese
String cheese
Cottage cheese
Macaroni and cheese
Bagel pizza
Rice cakes
Bread sticks
Graham crackers
Pretzels
Granola Bar (nut free)
Noodles
Pasta with tomato sauce

Drink:

Milk or water

**Pareve means a food that has no dairy or meat derivative. Examples of pareve foods are: fruit, veggies, jelly, rice cakes, and pretzels.*

KOSHER SYMBOLS



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