

Lunchtime Suggestions

Here is a suggested list of items you can send in your child's lunch that are dairy or parve and peanut free:

- Hardboiled eggs
- Vegetable Soup
- Bagel and Cream Cheese with jelly, soy nut butter, apple butter, or other fruit butters
- Hummus
- Cut up veggies, alone or with hummus or salad dressing
- Fruit
- Cut up fruit dipped in yogurt (flavored, plain, or plain mixed with honey)
- Soy products
- A thermos of milk and a bag of cereal
- Cheese and Crackers
- Yogurt
- Vegetable Lasagna
- Macaroni and Cheese
- Potato Latkes
- Egg Salad Sandwich
- Tuna Salad Sandwich
- Vegetable Quiche
- Noodle Kugel
- Cheese (With lettuce, tomato, mustard/mayo)
- Cheese /vegetable pizza
- Cottage cheese and jelly, soy nut butter, apple butter, or other fruit butters
- Cottage doubles (cottage cheese and fruit sauce)
- Salmon salad (FYI: Boneless, skinless canned salmon is available at Costco in cans like tuna.)
- Fish sticks
- Pancakes/Waffles with syrup, flavored yogurt or soy nut butter and jelly
- Pasta or ravioli/tortellini and tomato sauce
- Veggie chicken nuggets
- Veggie hot dogs/hamburgers
- Veggie hot dogs cut up in baked beans
- Cereal bars
- Muffins/Quick breads (banana, zucchini, etc.)
- Pre-packaged diced fruit, applesauce
- Pudding
- Tater tots and ketchup
- Chips and salsa or guacamole



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