

# What's for Snack/ Lunch?

All food at Shoresh must be dairy (no meat or shellfish) and peanut/nut free. Here is a handy guide to help you figure out what to pack in your child's lunchbox and send in for snack.

*Note: Teachers can heat things (for lunch only) in the microwave if needed.*

Yummy! **DO** pack these:

crackers  
raw or cooked veggies  
tuna fish, salmon, fish sticks  
eggs  
pasta or rice  
tofu/veggie nuggets  
fruit (fresh or cups)/dried fruit  
applesauce/yogurt  
cheese  
jelly sandwiches  
pita and hummus  
soup  
salad  
pizza bites  
bagel & cream cheese/lox/jelly  
waffles/pancakes

Please do **NOT** pack these:

peanut/nut butters  
any deli meat  
shellfish  
chicken/turkey  
hot dogs  
any product manufactured  
in a facility that also  
handles peanuts/nuts  
(*please check labels*)

