

What's for 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.

Note: Teachers can heat things 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
yogurt
cheese
jelly sandwiches
pita and hummus
soup
salad
pizza bites
bagel & cream cheese/lox/jelly

Please do **NOT** pack these:

peanut/nut butter
any deli meat
shellfish
chicken/turkey
hot dogs
any product manufactured
in a facility that also
handles peanuts/nuts

