



Information About Lunches and Snacks

All food brought into the JCC must be kosher and peanut/nut free and may not be produced in a facility that produces any nut products. Please follow these guidelines when preparing your child's lunch to be eaten at the JCC:

1. No milk if there is meat or poultry in the lunch
2. No ham or pork of any kind
3. No shellfish (ie. shrimp, clams, lobster)

Below are some suggestions of foods which children may want to bring for lunch. We cannot refrigerate or heat your child's lunch. Please plan accordingly.

1. Bread or crackers with jelly or cream cheese/jelly
2. Yogurt
3. Fresh fruits
4. Fresh vegetables
5. Cheese
6. Tuna fish or salmon
7. Egg salad
8. Hard-boiled eggs
9. Celery with cream cheese inside
11. Cottage cheese
15. Cold, cooked chicken nuggets or cutlets
16. Luncheon meats (baloney, salami) or poultry
17. Cold spaghetti
18. Pizza Bagels

Below are some suggestions of foods which children may want to bring for snack(s):

1. Crackers (ie. Cheez Itz, Graham)
2. Apple Sauce
3. Fruits/Vegetables
4. Pretzels
5. Biscuits
6. Veggie Sticks



For your convenience, the above symbols are the most commonly used kosher symbols, but there are many other acceptable certification symbols. Please call if you have any questions or need assistance.

REMEMBER THAT WE ARE A NUT-FREE SCHOOL. NO PEANUTS OR NUTS CAN BE IN ANY PART OF THE LUNCH OR SNACK(S). PLEASE CHECK ALL LABELS CAREFULLY!