

Here are some suggested lunch items that would meet our Dairy/Kosher guidelines:

Cream cheese sandwich – plain or any flavored
Cream cheese and jelly sandwich – Cream cheese and cucumber slices
Cheese sandwich – use any type of cheese slices and spread a thin amount of mayo or mustard on bread to keep it together.
Hummus on pita bread
Egg salad sandwich
Tuna sandwich
Tofu salad sandwich (make like egg salad – add turmeric for color)
Bagel and cream cheese – (lox or whitefish)
Pasta salad made with cheese, egg, tuna and/or whatever veggies they will eat (carrots, cucumbers, peas, corn, etc.)
Peaches or Bananas in sour cream or yogurt
Individual yogurt containers
Cheese sticks or chunks – (serve with crackers or a roll and fruit)
Yogurt
Phony baloney sandwich (made with soy) – can add cheese to this too
Leftover pizza slices
Kugel
Quiche
Fruit
Salmon Cakes
Salad
Olives, broccoli, carrots and dressing to dip
Cottage Cheese
Spaghetti
Gefilte Fish
Biscuits or crescent rolls from refrigerated tubes
Individual puddings, applesauce, fruit cans