

**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