

## Meal Options

Proteins	Grains	Other*	Veggies	Fruit	Frozen Foods	
Apple Butter	Animal Crackers	Babaganoush	Avocado	Apple Sauce cup or pouch	<b>Dr. Praeger's</b>	<b>Morning Star Products</b>
Canned Beans	Bagels	Cole slaw	Baked Potato	Bananas	Oaties	veggie dogs
Canned Salmon	Barilla Ready to Serve Pasta	Granola	Beets	Blueberries	Spinach Littles	veggie patties
Canned Tuna	Breakfast bars	Guacamole	Broccoli slaw	Craisins	various veggie burgers	veggitizers pizza bites
Cheese alternatives	Cereal	Israeli Salad	Cabbage	Frozen fruit	broccoli littles	chik'n nuggets
Cheese Sticks- (Kraft mozzarella)	Challah	Pasta Salad	Chickpeas	Grapes	Fish sticks	falafel burger
Cheese/ slices and shredded	Chex Mix	Potato salad	Corn	Mandarin oranges	Lightly Breaded fishes.	spicy black bean burger
Oat crumble bars	Chortles	Salsa	Corn Salad	Mangos	breakfast bowls	breakfast meats
Cottage Cheese	Crackers (assorted)	Macaroni salad	Cucumbers	Melon Medley		veggie buffalo wings
Cream Cheese	English Muffin	Condiments with kosher symbol	Green beans	Mixed Fruit Cups	<b>Gardein Products</b>	veggie corn dogs
Edamame	French toast sticks	Salad toppers/dressings with kosher symbol	Lettuce	Peaches	Beyond Beef crumbles	
Falafel (premade with hechsher)	Frozen soft pretzels		Mushrooms	Pears	teriyaki chick'n strips	<b>Amnon's</b> pizza slices (Costco)
Fish sticks	Gluten Free bread	*These items must be premade with an approved kosher symbol	Olives	Pineapple tidbits	crispy tenders	<b>Macabee</b> pizza bagels and bourekas
Gefilte Fish	Gluten Free crackers		Onions	Raisins		
Granola (nut free)	Graham crackers	<b>Beverages</b>	Peppers	Strawberries	Products must have an approved kosher symbol.	
Hard Boiled Eggs	Muffins	Chocolate/ Strawberry Milk	Pickle Spears	Watermelon		
Hummus	Naan	Juice	Salad	Whole Fruit		
Lox	Nut free granola bars	Water	Shredded Carrots			
Milk	Overnight Oats	Milk	Tomatoes			
Muenster cheese (Costco)	Oyster Crackers	non-nut milk alternatives:				
plant based breakfast patties	Pita	soy, rice, coconut, oat, pea				
Protein bars without nuts	Pretzels	*EC children will be served milk at lunch	<b>All Fruits and Veggies are approved. The listed items are to provide ideas and is not all inclusive.</b>			
Seeds- sunflower/pumpkin	Tortilla		Premade foods with a kosher symbol may be reheated in a microwave, toaster or toaster oven (with foil lined tray) before being packaged into your child's lunch box.			
Sour cream	Tortilla Chips					
Soy Nut Butter	Veggie Sticks					
Soy/Coconut Yogurt	Waffles					
Sunflower Butter	Whole grain breads					