

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 and send in for snack. Remember to pack an ice pack in lunch box
Lunches will NOT be warmed up

YUMMY!

DO PACK THESE:

Crackers
Raw or Cooked Veggies
Tuna Fish, Salmon, Fish Sticks
Waffles/Pancakes
Pasta or Rice
Tofu/Veggie Nuggets
Fruit (fresh or cups)/Dried Fruit
Applesauce/Yogurt
Cheese
Grilled Cheese Sandwich
Meatless Soup
Soy Butters (WOW brand) & Jelly
Beans
Pizza Bites
Hummus

DO NOT PACK THESE:

Peanut/Nut Butters
Any Meat
Shellfish
Popcorn



SNACK TIME
LUNCH TIME