

# Beth El Center for Early Childhood Education

*In keeping with our Kashrut (Kosher) and nut-free policy,  
the following are suggestions for dairy lunches:*

## Sandwich ideas:

*Cream cheese and a bagel  
Grilled cheese sandwiches  
Quesadillas  
Egg Salad Sandwiches  
Tuna Sandwiches*



## Fish-y ideas:

*Tuna fish and crackers  
Salmon  
Fish sticks  
Tuna noodle casseroles  
Fish and chips*

## Breakfasty ideas:

*Cereal and milk  
Waffles & strawberries  
Pancakes & blueberries  
Yogurt and wheat germ  
Cottage cheese and fruit*

## Soup-er ideas:

*Veggies in a veggie broth  
Veggie & Rice Soup  
Matza balls in veggie broth  
Tomato soup  
Cream of \_\_\_ soup*

## Yo! Soy ideas:

*Soy chicken nuggets  
Soy hot dogs  
Soy corn dogs  
Soy nut butter  
Soy hamburgers*

## Egg-y ideas:

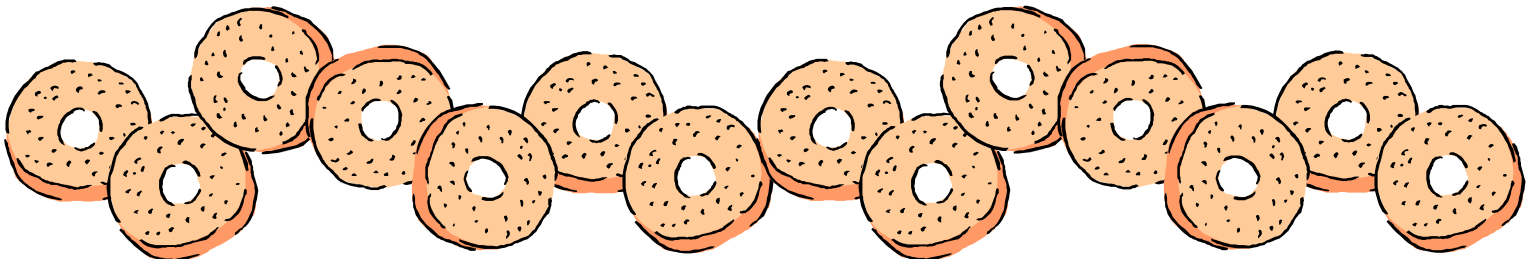
*Hard boiled eggs  
Egg salad  
Scrambled eggs  
Deviled eggs and crackers  
Frittata or quiche*

## Pasta ideas:

*Veggie or cheese lasagna  
Mac n' cheese  
Spaghetti & marinara  
Penne and butter  
Shells in marinara*

## Wild ideas:

*Pizza bagels  
Cheese and crackers  
Rice with Veggies  
Nut-free yogurt parfait  
Salad with ranch dressing*



***Be creative and have fun!***