

Helpful Ideas for Kosher Lunches

1. We suggest sending your child with 3 to 4 items in their lunch box. If we find that they are still hungry after finishing what you've sent, we'll let you know. It's very easy to overwhelm them by offering them too many options in their lunch.
2. Please help us out by pre-peeling fruit as we have many children to attend to during our lunch times.
3. Also, please be mindful that snacks like popcorn and uncut grapes can be choking hazards.
4. Please keep in mind our NO MEAT products and our Peanut & Tree Nut Aware Policy when packing lunches.

Here are the widely accepted hechshers (kashrut symbols) that are suitable for the ECC:



Cottage Cheese & Fruit
Multi-Grain Muffins
Pizza
Pasta & Sauce
Bagel & Cream Cheese
Lox & Cream Cheese
Crackers & Cream
Cheese
Cream Cheese & Jelly
Fish Sticks & Ketchup

Corn Salad
Egg Salad
Tuna Salad
Hard Boiled Eggs
Hummus & Pita
Falafel
Scrambled Eggs
Veggie Burgers
Veggie Nuggets &
Ketchup
Tofu "Deli" Sandwich

Fried Egg Sandwich
Macaroni & Cheese
Cheese Sandwich
Cheese Wrap
Bean Burrito
String Cheese
Yogurt
French Toast & Syrup
Waffles or Pancakes
Cheese & Crackers
Veggies with Dip

