



School Lunch & Snack Ideas

Lunches/individual snacks are NOT shared

All fruits and vegetables	Meatless Veggie Patties
Almond or peanut butter on celery	Muffins
Apple butter sandwich	Nuts & seeds
Bagel w/ cream cheese or hummus	Pasta/pasta salad
Bagel, lox & cream cheese	Peanut butter and jelly
Banana and peanut butter sandwich	Pita pockets
Bean burrito	Pizza (no meat)
Cakes	Polenta
Carrot sticks	Portabella mushroom sandwich
Cheese & crackers/cheese sandwich	Potato, noodle or other kugels
Chips	Raw vegetables and dip
Cold cheese pizza/bagels	Salads
Cottage Cheese	Salmon
Crackers	Salmon Patties
Cream cheese & jelly sandwich	Soy "hot dogs" or "chick patties"
Cucumber sandwich	String cheese
Edamame	Tofu "deli" sandwich
Egg salad	Tofu spread
English muffin sandwich	Tortillas
Falafel	Tuna salad
Fish sticks	Tuna sandwich
French toast	Vegetable & cheese in pita
Frittata	Veggie and cheese wraps
Fruit Cup	Veggie burgers
Beans (garbanzo, kidney, etc.)	Veggie pizza/ focaccia bread with
Bean & cheese tostada	Veggies
Gefilte fish	Waffles (great w/peanut butter!)
Granola bars	Yogurt
Greek Salad	
Grilled salmon salad with pasta	
Hard boiled eggs	
Hummus	
Lettuce and tomato sandwich	
Matzah sandwiches	