

Information About Lunches

All food brought into the JCC must be kosher. Please follow these guidelines when preparing your child's lunch to be eaten at the JCC. **REMEMBER THAT WE ARE A NUT-FREE SCHOOL. NO NUTS CAN BE IN ANY PART OF THE LUNCH.**

1. No milk if there is meat or poultry in the lunch.
2. No ham or pork of any kind.
3. No shellfish, e.g., shrimp, clams, lobster.
4. All packaged foods (bread, crackers, luncheon meats or poultry, jelly, yogurt, cookies, snacks) must be marked with any of the following symbols:



The above symbols are the most common ones, but there are many other acceptable certification symbols. Please call if you have any questions.

Below are some suggestions of foods which children may want to bring for lunch:

1. Bread or crackers with jelly or cream cheese/jelly.
2. Yogurt.
3. Fresh fruits.
4. Fresh vegetables.
5. Cheese.
6. Tuna fish or salmon.
7. Egg salad.
8. Hard-boiled eggs.
9. Celery with cream cheese inside.
10. Raisins.
11. Cottage cheese.
12. Juice pack or milk pack.
13. Pretzels
14. Cookies.
15. Cold, cooked chicken nuggets or cutlets.
16. Kosher luncheon meats (baloney, salami) or poultry.
17. Cold spaghetti.
18. Kosher pizza bagels.
19. Soup.

Most of these items can be purchased at your local supermarkets. Other sources are:

Bagel Power - 1078 Wilmot Road, Scarsdale
 Fairway Market – 847 Pelham Pkwy, Pelham
 New Roc Glatt – 77 Quaker Ridge Road, New Rochelle
 Sammy's New York Bagels – 1461 Weaver Street, Scarsdale
 Seasons - 1066 Wilmot Road, Scarsdale