

FOOD GUIDELINES

School lunch is critical to a student’s health and well-being and ensures that students have nutrition they need throughout the day to learn. Here at Gan Shalom, we server healthy, kosher dairy (no meat) snacks. We also follow nutritional guidelines required by the Department of Human Services.


For children enrolled in the full-day program, please bring a dairy or pareve¹ lunch using the following guidelines.

1. Lunch must contain one serving of each of the following food groups.
 - a. Meat substitute (protein)
 - b. Vegetable
 - c. 2nd Vegetable or Fruit
 - d. Grain/bread
 - e. 1% Milk (provided by Gan Shalom)

2. Lunch items should be made with fresh ingredients or packaged foods with any one of the acceptable hechshers.² A partial acceptable list of hechshers is listed on the back of this page. Please consult www.crcweb.org for more information about Kashrus³.

3. Lunch with perishable items should be brought in an insulated lunch bag with your child’s name on it.

4. If a child’s lunch has meat, Gan Shalom will substitute your child’s lunch with

ACCEPTABLE LUNCH FOODS	UNACCEPTABLE LUNCH FOODS
<ul style="list-style-type: none"> • Eggs • Cottage cheese • Cheese sticks, slices or cubes • Yogurt • Soy-based products • Vegetables / Potatoes 	<ul style="list-style-type: none"> • Meat (beef, pork, chicken) • Shelled fish (crab, shrimp, etc.) • Gelatin (i.e. Fruit Roll Ups) • Candy, Cake, anything chocolate
<ul style="list-style-type: none"> • Beans • Fruit • Peanut Butter • Fish such as Tuna, Tilapia, Salmon • Bread, Crackers, Cereal, Grains • Rice • Pasta • Condiments (mayonnaise, ketchup, mustard, relish, jelly, etc.) 	<p>Partial List of Acceptable Hechshers</p> 

¹ Items prepared without meat, milk or their derivatives

² Kosher symbol

³ Jewish dietary laws