



JCC Club J Snack and Lunch Policy

The JCC Club J and Camp365 have a policy of serving only kosher foods in their facilities. In addition, many families who send their children to our school follow Jewish dietary laws and are not comfortable with non-kosher food being eaten in the classroom.

For this reason, all snacks and lunches brought to Club J by students must be kosher, dairy or parve (**which means containing no shellfish or meat product**). The following guidelines will help you determine what constitutes a kosher snack/lunch:

- **NO MEAT, CHICKEN OR SHELLFISH MAY BE INCLUDED AT ALL.**
- ALL BAKED GOODS (COOKIES, BREADS, CHIPS, ETC.) MUST BE MADE WITH VEGETABLE SHORTENING, AS INDICATED BY A "U" OR "K" ON PACKAGE.
- EGGS, FISH AND ALL DAIRY PRODUCTS ARE PERMISSIBLE.

Suggestions for Daily Lunch and Snacks:

<i>Protein Sources</i>	<i>Grains</i>	<i>Vegetables</i>	<i>Fruits</i>
Beans and Rice	Breads	Beans	Apples
Cheese, Hard/Soft/Spread	Bagels	Broccoli	Bananas
Eggs	Banana Bread	Carrots	Blueberries
Fish	Carrot Cake	Celery	Grapes
Hummus	Cookies	Cole Slaw	Oranges
Macaroni & Cheese	Crackers	Corn	Peaches
Nuts	English Muffins	Cucumber	Pears
Peanut Butter & Jelly	Granola	Green Beans	Pineapples
Sunflower Seeds	Macaroni	Lettuce	Plums
Tuna	Pasta	Olives	Prunes
Yogurt	Popcorn	Pickles	Raisins
	Pretzels	Potatoes	Strawberries
	Rice	Tomatoes	Watermelon
	Rice Cakes	Yams	
	Unsweetened Cereal		