

## APPROVED FOOD CHOICES\* FOR INDIVIDUAL STUDENT SNACKS

*(This list does not apply to individual student lunches.)*

***This list does not provide absolute protection for students with food allergies. The approved food lists are not intended to replace medical advice from physicians or other healthcare providers. Individual students with food allergies must file an Allergy Action Plan with the school's nurse.***

***\*As with student lunches, parents will make food choices from this approved snack food list based on their child's dietary needs, as well as the time of day scheduled for the student's snack.***

FRUITS	VEGETABLES	DAIRY	GRAINS <sup>a</sup>
		cheese sticks, slices, cubes	animal crackers
any	any	cottage cheese	bagels (whole wheat or plain)
		cream cheese	plain Cheerios
PROTEIN	OTHER	yogurt	Cheese Nips
chicken slices	Jell-O	pudding	Cheez-It crackers
ham slices		ranch dip	Goldfish crackers
turkey slices			graham crackers
			popcorn
			pretzels
			saltine crackers
			Triscuits
			Wheat Thins

<sup>a</sup> Brand names are listed for products that publish allergen safety information.

1. Students may also have water, milk or 100% juice (as allowed by classroom or grade level schedules).
2. If a label says product “may contain traces of peanuts/nuts” or “processed with” or “processed on” or “shared equipment,” **it is not a safe snack.** Please note that manufacturers often change their production lines, methods and labeling. Therefore, it is important to check the product at the time of purchase.
3. Please reinforce with your child that snacks may not be traded or shared with other students.

**(OVER FOR BIRTHDAY AND PARTY ITEMS)**

## **ALLOWABLE FOOD FOR BIRTHDAYS AND CLASSROOM PARTIES ONLY**

***This list does not provide absolute protection for students with food allergies. The implementation of approved food lists is not intended to replace medical advice from physicians or other healthcare providers.***

***Individual students with food allergies must file an Allergy Action Plan with the school's nurse.***

INDIVIDUALLY WRAPPED SWEETS <sup>a</sup>	INDIVIDUALLY WRAPPED CHIPS <sup>a</sup>	FRUITS	FROZEN ITEMS <sup>a</sup>
Skittles	Baked potato chips	individual packets (e.g., apples)	push-ups
Smarties	Nacho Doritos	whole, unpeeled	Popsicles
original Oreo cookies	Cool Ranch Doritos	store-bought, packaged tray	vanilla ice cream cups
Ring Pops/Dums Dums	Fritos Corn Chips		orange sherbet
plain Rice Krispy Treats	Original Sun Chips	VEGETABLES	frozen fruit bars
Laffy Taffy	Garden Salsa Sun Chips	individual packets (e.g., carrots)	Italian ice cups
Twizzlers	French Onion Sun Chips	store-bought, packaged tray	frozen yogurt bars/cups
fruit roll-ups	Harvest Cheddar Sun Chips	store-bought salsa	
fruit by the foot	Baked Tostitos		
Fruit Snacks	Rold Gold pretzels		
Yogos	Pepperidge Farm Goldfish		
Jolly Ranchers			
Airheads			

<sup>a</sup> Brand names are listed for products that publish allergen safety information.

1. Drinks for parties will be limited to water, milk or 100% juice.
2. Items that are being shared with the class must be store bought and individually wrapped.
3. If a label says product “may contain traces of peanuts/nuts” or “processed with” or “processed on” or “shared equipment,” **it is not a safe snack**. Please note that manufacturers often change their production lines, methods and labeling. Therefore, it is important to check the product at the time of purchase.
4. Non-food items for birthday treats and parties are **acceptable and encouraged**. Such items include: pencils, erasers, bookmarks, stickers, coloring books, crayons, notepads and small, safe novelty items. Check with your child's teacher for other ideas or to see if an item is acceptable for the classroom.

**(OVER FOR INDIVIDUAL STUDENT SNACK ITEMS)**