

# **VALE ELEMENTARY**

## **APPROVED SNACK LIST 2020-2021**

Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts.

**ALL SNACKS MUST HAVE A LABEL THAT CAN BE CHECKED BY SCHOOL STAFF AS SOME COMPANIES CHANGE THEIR INGREDIENT LIST OVER TIME.**

*Please keep in mind these are suggestions. If you choose to buy something not on this list, please read the label carefully, including where it was manufactured.*

*Thank you for your consideration and support in keeping our food-allergic students safe from having a life threatening allergic reaction at school.*

### **I. HEALTHY SNACKS** (Daily classroom snacks)

#### **A. FRUITS/VEGETABLES**

- \* Any fresh fruit (apples, bananas, clementine's, grapes, melons, pears, plums, berries, oranges, peaches, strawberries, etc.)
- \* Crunch Pak apples
- \* Fresh vegetables (baby carrots, broccoli, celery sticks, cucumber slices, grape tomatoes, pepper strips, etc.)
- \* Raisins, Craisins and other dried fruits (not chocolate or yogurt covered)

#### **B. DAIRY SNACKS**

- \* Cottage cheese
- \* Danimals
- \* Go-gurts
- \* Greek yogurt
- \* Kraft Handy-snacks with cheese (with red sticks)
- \* String cheese or other cheeses
- \* Trix yogurt

***Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts/" or "Manufactured on equipment/plant that also processes nuts".***

## **II. CRACKERS/SNACK ITEMS**

- \* Animal crackers (Austin Zoo, Barnum)
- \* Annie's Bunnies
- \* Bagels
- \* Brenton Brand crackers
- \* Cereals:
  - o Cheerios (NOT Honey Nut or Frosted), Chex (Rice, Corn, Wheat), Cinnamon Toast Crunch, Corn Flakes, Crispix, Frosted Mini-Wheats, Kix plain, Life (Not Vanilla Yogurt Crunch)
- \* Cheez-Its, Cheese Nips, Better Cheddars
- \* Cheez-It Party Mix / Munchie Party Mixes
- \* Fig Newtons (all flavors)
- \* Gensoy Soy Crisps
- \* Goldfish Pepperidge Farm
- \* Graham crackers, Graham cracker sticks
- \* Kashi Tasty little crackers
- \* Kashi soft-baked cereal bars
- \* Nabisco Toasted Chips Ritz snack mix
- \* Nature's Bakery fig bar
- \* New Nabisco 100 Calorie Packs
- \* Nutrigrain cereal bars/yogurt bars
- \* Pirates Booty
- \* Pretzels
- \* Rice Cakes, plain or salt-salt free (NOT Quaker brand)
- \* Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- \* Ritz crackers (classic cheddar, four cheeses)
- \* Quaker Quakes (mini rice cakes), Mini Delights (all flavors)
- \* Saltines, Oyster crackers
- \* Scooby Doo Graham Crackers
- \* Small bagels (Lenders, Franz or Thomas brand) with cream cheese (no nut/seed type)
- \* Special K Red Berry Bars
- \* Special K Pastry Crisps
- \* Special K Snack Bites
- \* Teddy Grahams or Teddy Graham character brand
- \* Town House, Club, Toasteds
- \* Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- \* Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- \* Wheaties

## **III. SPECIAL TREATS** (Birthday or holiday parties)

### **A. CAKES/DONUTS/MUFFINS** (no grocery/bakery items please)

- \* Hostess Cupcakes
- \* Hostess Ding Dongs
- \* Hostess Donuts (frosted, glazed, powdered)
- \* Hostess Twinkies
- \* Pillsbury cinnamon rolls
- \* Pillsbury crescent rolls
- \* Pillsbury biscuits

## **B. COOKIES**

- \* Annie's (oatmeal raisin, chocolate chip, chocolate chip cookie bites, double chocolate chip cookies)
- \* Kellogg's brand Rice Krispie Treats (original)
- \* Keebler Fudge Stripes, Fudge Grahams
- \* Keebler Vanilla or Rainbow Wafer
- \* Nabisco – Lorna Doone Shortbread
- \* Nilla Waffers
- \* Gripz Chips Ahoy
- \* Lucy's chocolate chip cookies
- \* Oreos (regular or golden)
- \* Pop Tarts
- \* Pop Tarts Snack Sticks
- \* Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks
- \* Vanilla wafers

## **C. CHIPS/POPCORN**

- \* Baked!
- \* Bugles
- \* Cheetos
- \* Doritos
- \* Fritos
- \* Kettle chips
- \* Lay's potato chips
- \* Pop chips
- \* Popcorn
- \* Potato Soy Crisps
- \* Pringles
- \* Skinny Pop Popcorn
- \* Smartfood Popcorn – White Cheddar
- \* Sun Chips
- \* Tostitos
- \* Veggie straws

## **D. ICE CREAM/POPCICLES**

- \* Breyers Natural Vanilla
- \* Dreyers slow churned
- \* Healthy Choice Fudge Bars
- \* Ice cream cones (Joy or Keebler brand)
- \* Minute Maid Juice Bars
- \* Outshine Fruit and Veggie Bars
- \* Philly Swirl Swirlstix
- \* Popsicles (check brands, some have warnings regarding processing around nuts)

***Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts/" or "Manufactured on equipment/plant that also processes nuts".***

## E. CANDY

- \* Air Heads
- \* Blow pops
- \* Caramel apple pops
- \* Chewy Mini Sweet Tarts
- \* Dum-Dum suckers
- \* Fruit snacks (tree top, twists, gushers, roll-ups, etc.)
- \* Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts)
- \* Hersey Kisses – Milk Chocolate
- \* Hersey Kissables
- \* Hersey bar (1.55 oz.)
- \* Hersey chocolate chips
- \* Jolly Ranchers
- \* Junior Mints
- \* Laffy Taffy
- \* Life Savers (hard and gummy)
- \* Mike and Ike's
- \* Milk Duds
- \* Mints
- \* Nerds
- \* Pixie Sticks
- \* Red Vines
- \* Ring Pops
- \* Rolos
- \* Saf-T Pop
- \* Skittles
- \* Smarties
- \* Spree
- \* Sour Patch (lime, lemon, orange, berry, raspberry)
- \* Sour Punch Straws
- \* Starburst
- \* Swedish fish
- \* Tootsie Fruit Chews
- \* Tootsie Rolls
- \* Twizzlers
- \* Whoppers
- \* York Peppermint Patties

***Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts/" or "Manufactured on equipment/plant that also processes nuts".***