

Suggested Ideas for Allergy Safe Snacks*

*This list pertains specifically to peanuts and tree nuts. Please be aware of other allergens including milk, eggs, wheat, soy, food dyes and spices that may be present.

St. Rita School is an allergy safe school. Snacks coming in for holidays must NOT contain any nuts or peanut/nut butters, or any warnings about being made in or on shared facilities with those ingredients, or any warning that they may contain those ingredients. Following is a list of suggested ideas for classroom snacks for holidays and/or school events. Please remember to **ALWAYS** read the manufacturing label before purchasing. Manufacturing processes change daily and items on this list may become unsafe. If the label has an allergen statement that reads similar to any of the following, it is **NOT** a safe food.

"...this item contains peanuts..."

"...this item may contain peanuts or tree nuts..."

"...this item was processed in a facility that manufactures peanuts and tree nuts..."

"...this item may contain cross contamination of an allergen such as peanuts and/or tree nuts..."

HOME BAKED FOODS ARE NOT ALLOWED IN SCHOOL FOR BIRTHDAYS, CLASSROOM ACTIVITIES OR ANY HOLIDAY SNACK OR EVENT.

When planning school/classroom celebrations of any kind, food items MUST BE CHOSEN **ONLY FROM THE FOLLOWING LIST:**

Fruits
Cut-up vegetables
Cheese sticks

Crackers with cheese
Crackers with jam or jelly
Yogurt cups

Fruit cup or canned fruit
Applesauce

Bachman:

Jax
Popcorn
Potato Chips
Pretzels
Tortilla Chips

Kellogg:

Fruit Snacks
Fruit Streamers
Nutri-Grain Cereal Bars
Nutri-Grain Yogurt Bars
Rice Krispy Treats

Keebler:

Club Crackers
Graham Crackers/Sticks
Scooby-Doo Crackers
Townhouse Crackers
Vanilla Wafers

Frito Lay:

Cheetos
Doritos
Fritos
Lays Potato Chips
Rold Gold Pretzels
Ruffles Potato Chips
Sun Chips
Tostitos Chips

Nabisco:

Fig Newtons
Gingersnaps
Graham Crackers
Kraft Cheese Nips
Nilla Wafers
Teddy Grahams
Ritz Crackers
Triscuits
Wheat Thins

Utz:

Regular Potato Chips
Popcorn
Pretzels

General Mills:

Fruit by the Foot
Fruit Roll-ups
Fruit Snacks

Jell-O:

Gelatin Snacks
Pudding Snacks (not chocolate)

Sunshine:

Cheez-it Crackers
Cheez-it Party Mix

Pepperidge Farms:

Goldfish crackers
Goldfish cookies
Mini bagels