



# SNACK LIST



Avoid:



Pecans



Cashew



Almond



Peanuts

Foods that contain **these** ingredients, were processed with them nearby or used shared equipment, OR when the label states "MAY CONTAIN TRACES OF":

**PEANUTS, PEANUT FLOUR, PEANUT OIL, PEANUT BUTTER, ALMONDS, COCONUTS, FILBERTS, BRAZIL NUTS, CASHES, HAZELNUTS, MACADAMIA NUT, PECANS, PINE NUTS, PISTACHIOS, WALNUTS**

Food labels and ingredients are always changing, **PLEASE READ LABELS CAREFULLY** before purchasing for the classroom.

**Questions?** Call the School Nurse!  
320-453-2900 x2135.

KEY: \*GLUTEN FREE, MILK FREE



Acceptable:

## Healthy Choice + Breakfasts

Applesauce (and flavored), Dried Fruit, Fruit, Dried Fruit, or Fruit Cups, Pudding, NutriGrain Bars, Pop Tarts, Hostess or Kroger Muffins (not banana nut), Made Good Granola Minis (found at Target), Dipped Granola Bars (Annie's). **CEREAL:** Frosted Flakes, Cheerios or Frosted Cheerios *Gluten Free\**, Cinnamon Life, Cinnamon Toast or French Toast Crunch, Cocoa Bunnies (Annie's), Cocoa Puffs, Corn Pops

## Sweet Treats



### COOKIES, CUPCAKES, DONUTS, ICE CREAM

**COOKIES:** Chocolate Chip Cookies (Made Good\*, Enjoy Life\*, Simple Mills\*, Abby's\* or Udi\*); Vanilla Honey Graham (Enjoy Life\*). **CUPCAKES:** Big Mo, Little Mo, or Celebration or Chocolate Bliss Mini Cupcakes (Better Bites\* from SuperTarget); Red Velvet with Cream Cheese Filling (Favorite Day\* from Target). **DONUTS:** Archer Farms Glazed Donut Holes (Target), Powdered or Frosted Mini Donuts or Glazed Mini Donuts by Hostess. **ICE CREAM:** Creamy Vanilla (Soy Delicious\*), Vanilla (Haagen Dazs, Ben & Jerry's\*, Breyer's, Our Family). **POPSICLES or FROZEN:** Strawberries & Cream, Strawberries & Chocolate, Watermelon (JonnyPops\*), Juice Bars (MinuteMaid\*), Freezies (Kisko\*), SwirlStix (PhillySwirl\* from Walmart), Scribblers\*, Orange/Cherry/Grape\*, SpongeBob Push Up\* (Popsicle), Fruit & Veggie Bars (Outshine\* from Dollar General or Walmart), Orange Cream Bars (Creamsicle\*)

Bugles, Cheetos, Doritos, Fritos, Sun Chips, Tostitos, Pringles, Potato Chips, SkinnyPop or BoomChickaPop Popcorn (any flavor)



## Crackers

Kraft Handi-Snacks (Cheese), Triscuits, Wheat Thins, Vegetable Thins (all flavors), Ritz Crackers (NOT bits or sandwiches), Town House, Club, Toasteds, Goldfish Crackers, Cheez-Its, Cheese Nips, Annie's Cheddar Bunnies, Better Cheddars, Saltines, Oyster Crackers, Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix, Graham Crackers, Graham Snacks, Graham Sticks, Teddy Grahams, Animal Crackers (Austin Zoo or Barnum), Bunny Grahams\* (Annie's), Pretzels (Rold Gold, NOT Snyder's), Combos



## CANDY

AirHeads\*, Blow Pops\*, Charleston Chews\*, Dots\*, Dubble Bubble\*, Dum Dums\*, Fun Dip\*, Gummy Bears (Haribo), Jelly Beans\* (Jelly Belly), Jolly Ranchers\*, Juicy Fruits\*, Junior Mints\*, Laffy Taffy\*, Nerds\*, Pez\*, Pop Rocks\*, Red Vines\*, Ring Pop\*, Skittles\*, Smarties\*, Sour Patch Kids\*, Sour Punch Twists\*, Starburst\*, Swedish Fish\*, Tootsie Fruit Chews\*, Tootsie Rolls\*, Twizzlers\*, Tootsie Pops\*, Whoppers\*, York Peppermint Patties, Little Barrel Fruit Juices\*