

Acceptable Foods

- Cheese Strings / Cheese Slices
- Fresh or canned fruit that does **NOT** contain strawberries, kiwi or banana
- Kraft Handi Snacks (cheese or cheese whiz)
- Bear Paws Crackers (cheddar or vegetable)
- Yogurt Tubes / Mingos that are **NOT** strawberry, kiwi or banana flavor
- Snack Pack Tapioca Pudding
- Premium Plus Soup Crackers
- Juice Boxes (apple, orange or grape)
- Goldfish Crackers
- Teddy Graham Crackers – honey flavor
- Honey Graham Crackers
- Nutrigrain Bars **EXCEPT** strawberry flavor
- Whole Wheat and White Bread
- Raisins
- White Milk
- Thinsations Pretzels
- Crispers
- Yop Yogurt Drink **NOT** Strawberry, Kiwi or Banana
- All Vegetables
- Marzetti Dips for vegetables
- Salsa (Tostitos)
- Tostitos Multigrain Chips
- Ritz Crackers (Roasted Vegetable)
- Christie Brand Cheese Bites
- Christie Brand Cheese Nips
- Mr. Christie Animal Cracker Snack Packs
- Gattuso Instant Soups
- Jello Brand Fat Free Vanilla Pudding
- Compliments Vanilla Pudding
- Apricots
- Prunes
- Quaker Crispy Minis

Our school promotes healthy eating. However, students do bring unhealthy snacks to school. Please be sure to read ingredient labels to ensure these foods are safe.

This list is only meant to serve as a guide and is by no means inclusive of all safe and unsafe foods. Please be sure to READ THE INGREDIENTS LIST OF ALL FOOD YOUR CHILD MAY BRING TO SCHOOL.

Foods to Avoid

- Peanut Butter
- Nutella
- Granola Bars
- Coconut
- Kelloggs fruit Krisps
- Trail Mix
- Kool-Aid Jammers (Strawberry-Kiwi)
- Any juice strawberry, kiwi or banana flavor
- Cookies or Chocolate Bars that contain nuts, peanuts or coconut
- Generally, anything from a store bakery or doughnut shop. These may contain nuts and/or coconut
- **Any** foods containing tree nuts such as walnuts, cashews, pecans or pistachio
- Bananas, Strawberries and Kiwi
- Strawberry Apple Sauce
- Hazelnut Coffee Cream
- Coffee Mate Creamers (hazelnut, vanilla, double double...). They contain coconut oil
- **All** Fish – cod, tuna, salmon...
- **All** Shellfish – crab, lobster, mussels...
- Diana BBQ sauce (contains anchovies)

NOTE

Our school practices a scent free policy which means that scents such as perfumes or colognes are **not** permitted in the school. However, it is important to let you know that you must **avoid** using products such as body wash, perfume, lotion or butter creams that contain almond, coconut or shea butter scent. As well please **avoid** using lip balms with nut scent and/or flavor

