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:

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Crackers with cheese</th>
<th>Fruit cup or canned fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut-up vegetables</td>
<td>Crackers with jam or jelly</td>
<td>Yogurt cups</td>
</tr>
<tr>
<td>Cheese sticks</td>
<td></td>
<td></td>
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</tbody>
</table>

**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 Grains
- Ritz Crackers
- Triscuits
- Wheat Thins

**Utz:**
- Regular Potato Chips
- Popcorn
- Pretzels

**Sunshine:**
- Cheez-it Crackers
- Cheez-it Party Mix

**General Mills:**
- Fruit by the Foot
- Fruit Roll-ups
- Fruit Snacks

**Jell-O:**
- Gelatin Snacks
- Pudding Snacks (not chocolate)

**Pepperidge Farms:**
- Goldfish crackers
- Goldfish cookies
- Mini bagels

8/2019