

SFYC Approved Snack List (Peanut and Tree Nut Free)
(updated February 20, 2017)

Please work with your child's teacher on alternative snacks for any needs outside of peanut and tree nut allergies.

Please pay attention to the brand. These brands are made in facilities that are peanut-free or tree nut-free.

Beverages: In keeping with the recommendations of the American Pediatric Association and the American Dental Association, we do not serve juice. If desired, however, you can include milk as part of snack. (1/2 gallon is sufficient)

Fruits and Vegetables: ***Please send fruits and vegetables whole for the teacher to cut***

| | |
|------------------------------|---|
| Carrot sticks (Pre packaged) | Apple slices (Pre packaged) |
| Bananas | Grapes |
| Strawberries | Oranges or Clementines |
| Applesauce packs (+ spoons) | Single serve fruit cups (+ spoons) |
| Ocean Spray Craisins | Sunmaid or Harris Teeter Raisins (regular or organic) |

Any fruit or veggie is welcome, please discuss with teachers to figure out the best way to serve

Dairy:

| | |
|-------------------|-------------------------------|
| <u>Yogurt</u> | <u>Sargento</u> String Cheese |
| Danimals | <u>Kraft</u> Cubed Cheese |
| Chobani Champions | |

Pretzels/Puffs/Popcorn:

| | | |
|--|--------------------------------------|---------------------------------------|
| <u>Rold Gold</u> Pretzels (Classic Tiny Twists) | <u>Herr's</u> Extra Thin Pretzels | <u>Pirate's Booty</u> Veggie Booty |
| Classic Sticks | Mini Pretzels | Smart Puffs |
| Honey Wheat | Stix Pretzel | Aged White Cheddar |
| | Pretzel Rods | |

UTZ

| | | |
|-----------------------------------|---|---------------------------|
| Pretzels (Wheels, Holiday Shapes) | <u>Pepperidge Farm</u> Goldfish Pretzels | <u>Skinny Pop</u> Popcorn |
| Popcorn (Age 3 and up only) | | |
| Cheese Balls or Cheese Curls | <u>Smartfood</u> Popcorn (Plain or White Cheddar) | |

Chips:

| | |
|---------------------------------|---|
| <u>General Mills</u> Bugles | <u>Lays</u> Sun Chips (original or cheddar) |
| <u>Stacy's</u> Pita Chips | <u>Tostitos</u> (any flavor) |
| <u>UTZ</u> (BBQ or plain Chips) | <u>Doritos</u> (any flavor) |

Fruit Snacks:

Cliff Kid: Organic Twisted Fruit – Strawberry & Mixed Berry
Betty Crocker
Fruit Flavored Snacks or Fruit Roll Ups

Crackers:**Keebler**

Club Crackers - Original or Multi Grain
Graham Crackers - Original, Scooby Doo

Barnum Animal Crackers**Premium Saltines****Nabisco**

Cheese Nips
Triscuit (Original)
Wheat Thins (Original, Reduced Fat, Big)
Graham Crackers (Original)
Teddy Grahams (Honey, Chocolate, Cinnamon, Chocolate Chip)

Pepperidge Farm

Gold Fish
(Original, Whole Grain, Baked, Pretzel, Baby, Colors, Grahams)

Cereals (as a dry snack only):**General Mills:**

Cheerios (plain or plain gluten free)
Cheerios Apple Cinnamon
Cheerios Frosted
Cheerios Multigrain
Chex (Corn, Rice, Wheat)
Kix

Quaker Oats: Life Cereal**Special Treats for birthdays & class parties:****Campfire Marshmallows****Lofthouse Baked Goods****Dole Fruit Bars – Variety 12 Pack (Strawberry, Grape, Raspberry)****Luigi's Real Italian Ice – 6 Pack Varieties: Cherry, Lemon, Lemon & Strawberry, Mango, Watermelon & Blue Raspberry****Minute Maid Juice Bars – 12 Pack Varieties: Cherry, Grape, Orange****Breyers Pure Fruit Bars – 12 Pack (Strawberry, Orange, Raspberry)****Cookies:****Nabisco**

Chips Ahoy Chocolate Chip
Oreos (Original, Double Stuff)
Fig Newtons

Candy:**Skittles****Smarties****Spangler candy canes****Hershey kisses (milk chocolate) / bar chocolate****Hershey chocolate chips (baking)****Haribo Gummy Bears****Twizzlers****Goetze's Cow Tales****Junior Mints****Charms Blow Pops or mini pops****Dubble Bubble Gumballs****Tootsie Pops**