

**SFYC Approved Snack List (Peanut and Tree Nut Free)**  
**2015 – 2016 school year**

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 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)

**Dairy:**

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

**Pretzels/Puffs/Popcorn:**

<u>Rold Gold</u> Pretzels (Classic Tiny Twists)	<u>Sensible Portions</u>
Classic Sticks	Garden Veggie Straws
Cheddar	Garden Veggie Chips
Honey Wheat	
<u>Pirate's Booty</u>	<u>UTZ</u>
Veggie Booty	Pretzels (Wheels, Holiday Shapes)
Smart Puffs	Popcorn (Age 3 and up only)
Aged White Cheddar	
<u>Pepperidge Farm</u> Goldfish Pretzels	<u>Snack Factory:</u> Pretzel Crisps
<u>Pop Secret</u> Microwave Popcorn (Age 3 and up only)	
<u>Smartfood</u> Popcorn (White Cheddar) (Age 3 and up only)	

**Chips:**

<u>General Mills</u> Bugles	<u>Lays</u> Sun Chips
	Original
<u>UTZ</u> (Cheese Balls, BBQ, plain)	Cheddar
	Garden Salsa

**Fruit Snacks:**

<u>Simply Balanced</u> (sold at Target):	<u>Cliff Kid:</u> Organic ZFruit Rope
Strawberry slices freeze dried	
Fruit snacks, fruit strips, twisted fruit ropes, fruit twists	

## **Crackers:**

### Keebler

Club Crackers - Original or Multi Grain                      Graham Crackers - Original, Scooby Doo  
Townhouse Crackers - Original, Wheat, Pretzel, Toppers Original, Toppers Multi Grain

### Nabisco

Cheese Nips    Triscuit (Original, Reduced Fat)  
Wheat Thins (Original, Reduced Fat, Big)                      Graham Crackers (Original)  
Ritz (Original, Whole Wheat, Reduced Fat) **NOT Ritz Bits**  
Teddy Grahams (Honey, Chocolate, Cinnamon, Chocolate Chip)

### Barnum Animal Crackers

### Pepperidge Farm

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

### Premium Saltines

Sunshine: Cheez-Its (Original, Reduced Fat, White Cheddar, Scrabble, Party Mix)

### Annie's Homegrown:

Cheddar Bunnies  
Cocoa & Vanilla Gluten Free Cookies  
Friends Bunny Grahams  
Bernie's Farm Animal Cookies

## **Cereals (as a dry snack only):**

### General Mills:

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

### Quaker Oats:

Life Cereal  
Life-Cinnamon  
Life-Maple and Brown Sugar  
Puffed Rice  
Puffed Wheat

## **Special Treats for birthdays & class parties:**

Popsicle brand popsicles    Kraft and Campfire Marshmallows  
Kraft Jell-O Pudding Snacks (+ spoons)                      Kraft Jell-O Gelatin Snacks (+ spoons)  
Pillsbury Frosting (vanilla) blue container                      Krispy Kreme original glazed doughnuts  
Lofthouse Baked Goods    Sweet Sixteen Powdered or Chocolate Doughnuts

## **Cookies:**

Keebler Fudge Stripes  
Oreos (Original, Double Stuff)

## **Candy:**

Skittles  
Smarties  
Spangler candy canes  
Hershey kisses (milk chocolate)  
Hershey chocolate chips (baking)  
Haribo Gummy Bears  
Twizzlers