

PERMISSIBLE SNACK/BIRTHDAY TREAT OPTIONS

Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)

NO PEANUT BUTTER CAN BE BROUGHT FOR LUNCH OR SNACK AT MOSS. PLEASE USE SUNBUTTER OR WOWBUTTER INSTEAD.

Thank you for your consideration and support in keeping the food-allergic child safe from having a life-threatening allergic reaction at school. Food allergies are real, if you would like to discuss this topic, please reach out to Mrs. Szmed to schedule a meeting.

PERMISSIBLE SNACK OPTIONS(Daily classroom snacks)

FRUIT/VEGETABLES

- * Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementine's, strawberries, melons, berries, etc.)
- * Raisins, Craisins and other dried fruits
- * Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

CHEESE/DAIRY

- * String cheese or other cheeses (1 oz.)
- * Kraft Handi-snacks with cheese (with red sticks)

CRACKERS/SNACK ITEMS

- * Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- * Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- * Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- * Town House, Club, Toasteds
- * Cheez-Its, Cheese Nips, Better Cheddars
- * Saltines, Oyster crackers
- * Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- * Kashi Tasty Little Crackers (TLC)
- * Breton brand crackers
- * Goldfish crackers
- * Annie's Bunnies
- * Graham crackers, Graham cracker sticks
- * Teddy Grahams or Teddy Graham character brand
- * Animal crackers (Austin Zoo, Barnum)
- * Vanilla wafers
- * Cereals

- * Cheerios (NOT Honey Nut or Frosted)
- * Chex (Rice, Corn, Wheat)
- * Cinnamon Toast Crunch
- * Corn Flakes
- * Crispix
- * Frosted Mini-Wheats
- * Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- * Kix
- * Life (Not Vanilla Yogurt Crunch)
- * New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- * Nabisco Toasted Chips Ritz snack mix
- * Wheaties
- * Other unsweetened cereal without nuts
- * Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
- * Popcorn
- * Pretzels
- * Nutrigrain cereal bars/yogurt bars
- * Special K Bars (NOT Honey Nut)
- * Special K Snack Bites
- * Fig Newtons (all flavors)
- * Rice Cakes (NOT Quaker brand)
- * Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- * Potato Soy Crisps
- * Gensoy Soy Crisps
- * Cheez-It Party Mix/Munchie Party Mixes

- * Fruit snacks (twists, gushers, roll-ups, etc.)
- * Pop Tarts
- * Pop Tarts Snack Sticks
- * Yogos/Yogos Rolls
- * Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks

CAKES/CUPCAKES

- * Hostess cupcakes
- * Hostess Twinkies, Ho Hos, Ding Dongs

COOKIES

- * Kellogg's brand Rice Krispie Treats (original)

- * Oreos (regular or golden)
- * Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies (original and double stuffed)
- * Nabisco – Lorna Doone Shortbread
- * Gripsz Chips Ahoy

DONUTS/MUFFINS (Prepackaged and Individually Wrapped)

- * Hostess brand (powder, frosted or glazed)
- * Hostess Muffins – mini or regular

CHIPS

- * Bugles
- * Cheetos
- * Doritos
- * Fritos
- * Potato chips
- * Pringles
- * Sun Chips
- * Tostitos

CANDY

- | | |
|----------------------------------|--------------------------------|
| * Air Heads | |
| * Blow pops | |
| * Dum-Dum lollipops | |
| * Hersey Kisses – Milk Chocolate | * Hersey Kissables |
| * Jolly Ranchers | * Junior Mints |
| * Laffy Taffy | * Life Savers (hard and gummy) |
| * Mike and Ike's | * Milk Duds |
| * Mints | * Nerds |
| * Pixie Sticks | * Ring Pops |
| * Rolos | * Runts |
| * Sixlets | * Skittles |
| * Smarties | * Spree |
| * Starburst | * Twizzlers |

Peanut Butter alternative

- Lotus Biscoff Creamy Cookie Butter

Fruits/Vegetables

- That's It Bars (except those that use coconut).

Cheese/Dairy

- Chomps Beef Sticks

Crackers/Snack items

- Popcorn, I would be careful and strictly put Skinny Pop, Pirates Booty, Wise Popcorn. Many others use coconut oil instead of canola oil or butter.
- Abe's brand muffins/products (<https://www.abesmuffins.com/products>)
- Enjoy Life products (<https://enjoylifefoods.com/>)
- Made Good products
- Chex Mix Bars (Birthday Cake and Cookies and Cream only)
- Belvita Breakfast Bites (Cinnamon Brown Sugar, Chocolate, Mixed Berry)
- Belvita Crunchy (Cranberry Orange, Golden Oat, Blueberry, Cinnamon Brown Sugar, Chocolate)

*Not Belvita Soft Baked

- Nature's Bakery Bars

Cookies

- Lotus Biscoff Cookies

Chips

- Pop Corners Popcorn Chips
- Under Chip section I would take out "Potato chips" and maybe "Lay's" potato chips which are safe from allergens. Some brands still use Peanut Oil for chips (Jimmy John's some Utz products were using peanut oil).
- Stacy's Pita Chips

Candy

- Swedish Fish
- Sour Patch Kids
- Free 2B Sun Butter Cups
- Enjoy Life Candy