

St. Francis Xavier School

Approved Snack List

Revised 8/15/16

Our everyday Snack Policy for grades Preschool – Second Grade is a piece of real fruit, real cheese or real vegetable. No dips allowed.

Snacks for school parties must be from the approved list. No homemade snack will be allowed. Snacks must be in their factory package with label on the package. Items on the list are brand specific.

Please note: Food labels/ingredients may change at any time, so **please check the label** before purchasing snacks, even those on this list. Please read labels carefully to make sure the products are safe. This includes avoiding labels with cross contamination warnings such as “may contain traces of peanuts/tree nuts” or “produced in a facility that also processes peanuts/tree nuts” or any similar statement. We want every child to feel safe and included.

**** Other items may be removed for classes with other food allergies. ****

Thank you for your consideration and support in keeping children with food allergies safe from having a life-threatening allergic reaction at school.

***READ EVERY LABEL EVERY TIME.
FOOD LABELS AND INGREDIENTS MAY CHANGE ANY TIME!***

FRUITS/VEGETABLES

- Fresh fruit: apples, oranges, bananas, grapes, pears, plums, clementines, melons, berries, etc
- Applesauce cups, squeeze packs, and assorted flavored applesauce
- SunMaid, Sunsweet, Ocean Spray, barefruit or Market Pantry dried fruits (*NOT trail mixes*)
- Enjoy Life Seed & Fruit Mix
- Fruit cups: peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc
- Fresh vegetables: carrots, grape tomatoes, cucumber or pepper slices, broccoli, celery, etc
- Vegetable dips (*most okay but check labels*)

CHEESE/DAIRY

- Yogurt in individual cups or tubes (*NO nut-based alternatives or flavors; some soy products are not safe – read labels*)
- String cheese, cottage cheese, or other cheeses
- Drinkable yogurt or smoothies

CRACKERS/CHIPS/SNACK ITEMS

- Annie’s Homegrown Bunnies/Crackers/Grahams/Snack Mix (*NOT snack kits*)
- Triscuits & Triscuits Thin Crisps, Wheat Thins & Wheat Thins Toasted, Vegetable Thins
- Ritz crackers or toasted chips (*NOT Ritz Bits or sandwiches*)
- Town House, Club, Toasteds, saltines, oyster crackers
- Dare brand crackers: GrainsFirst, Breton, Vinta, Cabaret, Water Crackers
- Cheez-It and Cheez-It Grooves
- Goldfish crackers
- Honey Maid Graham crackers, Teddy Grahams, or Teddy Graham characters
- Fruit Newtons or Fruit Thins
- Animal crackers (*Austin Zoo, Barnum, Annie’s – NOT Market Pantry*)
- Nilla wafers, Nabisco Ginger Snaps

- Many pretzels (*NOT Snyder's or Rold Gold – please read all labels*)
- Pirate's Booty
- Clif Kid ZFruit or ZFruit & Veggie bars (*NOT any other Clif or Clif Kid products*)
- YumEarth Fruit Snacks or Dare RealFruit
- Nutrigrain Soft-Baked cereal bars (*NOT Fruit & Nut or Fruit & Oat Harvest varieties*)
- Cheetos & Simply Cheetos, Doritos, Tostitos Simply, regular, or baked
- Sun Chips
- Pringles (*NOT Stix*)
- Simply Balanced corn chips (*available at Target*)
- Lays or Simply Lays potato chips
- Skinny Pop (*many other popcorns are also safe – please read all labels*)

SPECIAL TREATS

- Lucy's cookies (*also egg, milk, and wheat/gluten free*)
- Fancy Pants Bakery cookies (*available seasonally at Whole Foods or online*)
- Kellogg's Rice Krispie Treats original
- Chips Ahoy or Oreos (*NOT peanut butter flavor, coconut delights, or peanut butter cup*)
- Vermont Nut Free Chocolates (*available online*)
- Divvies baked treats (*available online – also egg/dairy free*)
- Nutphree's Bakery products (*cupcakes in Mariano's and Whole Food's freezers near bakery*)
- Enjoy Life brand cookies & bars (*free of all top 8 allergens*)
- Hostess Donettes
- Dare brand cookies (*NOT coconut variety*)
- Ginger bread houses – A&J Bakery (*available online*)

CANDY (*Avoid Brach's brand, Necco brand, bulk bins, or store/generic brand products*)

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| ● Airheads | ● Ring Pops (<i>most but check labels</i>) |
| ● Charms Blow Pops | ● Rolos |
| ● Candy canes (<i>Spangler and most brands but check labels</i>) | ● Runts |
| ● Candy corn: A&J Bakery (<i>online</i>), Coastal Bay Confections, Sunrise, Starburst | ● Sixlets |
| ● Dum-Dum suckers | ● Skittles |
| ● Gummies: Haribo, Dare, YumEarth, Surf Sweets | ● Smarties |
| ● Hershey Kisses: Milk or Spcl Dark, Hugs | ● Spree |
| ● Jolly Ranchers (<i>orig, bites, chews</i>) | ● Starburst (<i>reg and jelly beans</i>) |
| ● Jelly beans: Starburst, Surf Sweets, Gimbal's, YumEarth | ● Swedish Fish |
| ● Junior Mints | ● Sweet Tarts (<i>NOT Gummies</i>) |
| ● Laffy Taffy | ● Sweet Tarts Hearts (<i>NOT Gummies</i>) |
| ● Life Savers (<i>orig, gummies</i>) | ● Sour Patch Kids |
| ● Milk Duds | ● Tootsie Rolls |
| ● Nerds | ● Tootsie Roll Pops |
| ● Pixy Stix | ● Twizzlers licorice |
| ● Razzles | ● Twizzlers Nibs & Hearts |
| | ● Whoppers |
| | ● York Peppermint Patties & Hearts |
| | ● YumEarth pops, candy drops |

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THANK YOU FOR YOUR HELP!