

# Snacks

Because St. Joseph's School and Preschool is a multi-function facility, we are not a "nut free" zone. However, in support of those students with severe nut allergies, we have attached a suggested snack list for your convenience. \*\*\*\*\*Please be aware, snacks which list peanut or nut ingredients on the nutrition label will not be served during snack time this year. Your attention to the nutritional labels and your support is much appreciated.

- Each family will have responsibility to provide snack and drinks for the class several times a year on a rotating basis. You will be assigned a date on the teacher's monthly calendar. Please bring the number of snacks written on your snack calendar for your class and a beverage for the group.
- Beverages: please do NOT bring juice boxes. A one-half gallon size juice or milk is enough to serve the class. 100% fruit juice, flavored or regular milks are preferred.
- Snacks should be healthy. It is our policy that all snacks be store-bought and delivered in their original container so that teachers can see the nutritional information, in case there is a question as it relates to allergies. (If you buy in bulk, please just send *enough* for the class in the original box... keep extras at home.) Snacks do not need to be individually packed. Juice should be 100% juice or milk. Water is always offered as an alternate. Refrigeration is available if needed.
- We provide all the napkins, plates and glasses. If other utensils are needed (spoons, knives for spreading etc,) please just send disposable.
- Birthdays - In celebration of birthdays, we will assign your snack day as close as possible to the actual birthday (either on the actual birthday or a day close to it.) Summer/ holiday birthdays will be celebrated close to the "half" birthday. Birthday treats can be something special, but please realize that jumbo cupcakes are often wasted.

## **Peanut-Free/Nut-Free Snacks\***

**This list is subject to change.**

### Fruits

All fresh fruits – please clean at home  
Dole Fruit Bowls  
Del Monte Fruit to Go cups  
Sun-Mail Raisins (not chocolate covered)  
Applesauce cups

### Vegetables

All fresh vegetables-please clean at home  
Carrots/dip  
Celery Sticks with Cream Cheese or Dip

### Cookies

Nilla Wafers  
Teddy Grahams  
Oreos and Mini Oreos (not mint crème)  
Keebler – Butter cookies, Grasshopper Cookies,  
Nabisco – Barnum Animal Crackers, Oatmeal and  
Iced Oatmeal Cookies, Cameo Cookies  
Rice Krispie Treats – plain only  
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

### Jellos and Puddings and Yogurts

Hershey Chocolate Pudding Tubes  
Kraft HandiSnacks – Wacky Gels, Vanilla &  
Chocolate Pudding  
Hunts – Juicy Gels, Vanilla & Chocolate Pudding  
Jello – Gelatin Cups, Vanilla, Chocolate & Oreo  
Puddings

Dole Fruit-n-Gel Bowls  
Delmonte Fruit & Gel To-Go Bowls  
Yogurt (not soy brands) – Gogurt, Danimals etc.

### Salty Snacks

Rold Gold Pretzels  
Snyders of Hanover Pretzels  
Fritos  
Tostitos  
Pringles (original only)  
Popcorn

### Crackers

Honey Maid – Cinnamon Grahams & Sticks, Honey  
Grahams & Sticks  
Ritz Crackers – plain only, no sandwiches  
Keebler Club Crackers – original only, no sandwiches.  
Nabisco Saltines  
Sunshine Cheez-its  
Triscuit  
Wheat Thins  
Pepperidge Farm Gold fish – plain, pretzel or  
cheddar only. No Cinnamon Graham)  
Sargento Mootown Crackers & Cheese Dip  
Keebler Town House Crackers  
Sportz Cheddar Crackers  
Kraft HandiSnacks Crackers with Dip