

FBCD Weekday Approved Snack List Peanut Free / Tree Nut Free

FRUITS/VEGETABLES

- Fresh fruit (apples, oranges, bananas, grapes (for two and under classes, must be cut in half), pears, plums, Clementine, strawberry, melons, berries. Etc
- Motts applesauce cups and assorted fruit flavored applesauce
- Raisins, Craisins,
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, green pepper strips, etc)

CHEESE/DAIRY

- String cheese, cubes, or any single serving of cheeses
- Kraft Handi-Snacks with cheese (with red sticks)****other brands of prepackaged cheese & crackers often have traces of nuts**
- Dannon Yogurt Drinks (no yogurt in tubes please)

*****please select items from the categories below less frequently*****

CRACKERS/SNACK ITEMS

- Triscuits, Wheat thins, Vegetable thins (all flavors)
- Ritz Crackers but **NOT Ritz bits or sandwiches**
- Town House, Club or Toasted crackers
- Rold Gold Pretzels
- Cheez-its, Cheese Nips, Better Cheddars
- Saltines, Oyster Crackers
- Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Quaker Quakes Rice Snacks- Carmel Corn, Sea Salt, Kettle Corn, Cheddar Cheese
- Kashi Tasty Little Crackers
- Goldfish Crackers
- Graham Crackers
- Animal Crackers (Barnum, Austin Zoo brands)
- Vanilla Wafers
- Small bagels(Lenders or Thomas brand without sesame seeds) and plain cream cheese

Cereals

- Plain Cheerios
- Chex (Rice, Corn, Wheat, in **individual boxes**)
- Crispix
- Kix

Chips

- Bugles
- Baked Lay's- Original
- Baked Ruffles- Original, Cheddar & Sour Cream
- Fritos
- Pringles
- Sun Chips
- Tostitos
- Sensible Portions - Garden Veggie Straws, Garden Veggie Chips

It is very helpful to the teacher if snack items are packaged in single servings. However, if you repackage the snack, it will be necessary for you to include the package label and ingredients list.

All snacks must be peanut and tree nut free. **Only items from the Approved Snack List will be served.** Sweet snacks such as cookies and snack cakes will not be served.

Our Policy on Birthday Treats: Your child may bring in a special birthday treat to share with his/her classmates. Please discuss this with your child's teacher several days in advance. Birthday treats are not considered "snacks" and will be served after lunch. If it is your child's "snack day", please send in a healthy snack in addition to the birthday treat. ***You must send in the packaging or an ingredients list for any birthday treats sent in that is not on this approved list.*