

Peanut and Tree Nut Free Snack List

Please choose a snack from this list ONLY

Important: Due to continual changes in manufacturer packaging and processing, please READ the ingredient label of your snack chosen from this list to ENSURE that it does NOT contain any of the following:

- Peanuts and/or tree nuts
- Peanut/Nut Flour
- Peanut/Nut Oil
- Peanut/Nut butter
- Peanut/Nut Meal

OR ANY OF THESE STATEMENTS

- May contain Peanut or Tree Nuts
- Processed on shared equipment with Peanuts or Tree Nuts
- Manufactured in a plant with Peanut or Tree Nuts
- Contains Peanut or Tree Nut Ingredients

NO HOMEMADE OR BAKERY ITEMS ARE ALLOWED IN SCHOOL,
but, look for LOCAL ESTABLISHMENTS that will accommodate nut free REQUESTS including:

- The Pretzel Stop (Pretzel shop and bakery)
 - The Sweet Peace (bakery)
 - Five Pennies Creamery (ice cream and custard)
 - Bagel Town (bagel store in West Hempstead)
- (DO NOT ASSUME ALL ITEMS ARE NUT FREE – ASK!!!!)**

PLEASE BE CAREFUL WHEN PREPARING! ALWAYS WASH SURFACES AND UTENSILS PRIOR TO USE TO PREVENT CROSS CONTAMINATION WITH PEANUT AND/OR TREE NUT PRODUCTS

Most of these items are easily found at the following local stores, including, but not limited to:

Stop and Shop	Costco	BJ's
Whole Foods	Wild By Nature	Amazon Fresh
Trader Joe's * Please note Trader Joe's uses more REGIONAL packing, please check packaging for safety as listed above especially if not locally bought		

If you need any assistance or have any questions and or suggestions, please contact our VP of Health and Safety, Andrew Ciancimino, via email at stmarks.vphealthandsafety@gmail.com

FRESH FRUITS AND VEGETABLES

- No restrictions on fruit/vegetables apart from specific fruit allergies within the classroom; please keep in mind to cut vegetables such as carrots and grapes into small pieces as they may present a choking hazard.

CHEESE AND FRUIT CUPS

- Packaged Cheese (String OR Cubed) and Individual Fruit Cups are allowed that do **NOT** contain:
 - Peanuts and/or Tree Nuts
 - Peanut/Nut Butter
 - Peanut/Nut Oil
 - Peanut/Nut Flour
 - Peanut/Nut Meal

YOGURT

Individual yogurt cups or smoothies that DO NOT contain PEANUTS/TREE NUTS/GRANOLA/CANDY TOPPINGS

BAGELS

Bagel Town – *nut free bagels* – 488 Hempstead Ave, West Hempstead, NY 11552

HUMMUS

- Avoid any hummus that contains or MAY contain **PINE NUTS**

*Sabra

*Tribe

CRACKERS / CHEESE SNACKS/ VEGGIE SNACKS

*Annie's Homegrown Organic –Cheddar Squares, Cheddar Bunnies, White Cheddar Bunnies, Whole Wheat Cheddar Bunnies, Extra Cheesy Cheddar Bunnies, Sour Cream & Onion Cheddar Bunnies, Organic Cheddar Bunnies

Goldfish – Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Whole Grain, FLAVOR BLASTED – Xtra Cheddar, Xplosive Pizza 100 Calorie Pouches – Cheddar, Pretzel MIX UP ADVENTURES– Pretzel and Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza

<u>(Veggie Stix) Good Health Natural Foods</u> – Veggie Chips, Veggie Stix, Pizza Veggie Stix	<u>Pirate's Booty</u> – Aged White Cheddar, New York Pizza, Veggie
<u>Luke's Organic Multi Grain & Seed Crackers</u> – Bean & Seed, Black Pepper, Chia Seed, Garden Vegetable, Multi -Seed, Sea Salt	<u>Wise Cheez Doodles</u> – Cheese (Crunchy), Cheese (Mix), Cheese (Puffed Balls), Cheese (Puffed)
<u>The Greater Knead Bagel Chips</u> – Cinnamon Raisin (Sweet & Crunchy), Everything (A Blend of Spices), Plain (Hint of Salt)	<u>Sage Valley</u> – White Cheddar Puffs
<u>Whole Foods 365 Organic Golden Round Crackers</u>	<u>Enjoy Life Crunchy Lentil Chips</u> – Dill & Sour Cream, Garlic & Parmesan, Light Sea Salt, Margherita Pizza
<u>Cheetos</u> – Puffs, Puffs Honey BBQ, Crunchy, Baked	<u>Cheese Nips</u> – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
<u>Utz Cheese Curls</u> – Plain, White Cheddar	<u>Utz Cheese Balls</u>
<u>Trader Joes Soup and Oyster Crackers</u>	<u>Stoned Wheat Thins</u> – Original, Lower Sodium, Mini
<u>Triscuit</u> – *Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds <u>Triscuit Minis</u> – Original <u>Triscuit Thin Crisps</u> – Original, Parmesan Garlic, Four Cheeses, Chile Pepper	<u>Wheat Thins</u> – *Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multi grain, Parmesan & Basil <u>Wheat Thins Fiber Selects</u> – 5 Grain, Garden Vegetable
<u>Saltines</u> – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks	<u>Nabisco Premium Soup & Oyster Crackers</u>
<u>Pepperidge Farm</u> <u>Baked Naturals Cracker Chips</u> – (Simply Potato, Cheddar & Sour Cream Potato, Simply Multi –Grain) <u>Pepperidge Farm Baked Naturals Cheese Crisps</u> – (Cheddar, Four Cheese Italian Herb) <u>Pepperidge Farm Baked Naturals Wheat Crisps</u> – Toasted Wheat <u>Pepperidge Farm Distinctive Crackers</u> – Golden Butter	<u>ShopRite - Society Crackers, Cheese Crackers, Whole Wheat Wafers</u> (Original, Reduced Fat, Rosemary & Olive Oil) <u>Wheat Snacks</u> (Original, Reduced Fat) <u>ShopRite Saltines</u> (Original, Fat Free, Unsalted Tops, Wheat) <u>ShopRite Bits Crackers</u> (Original, Low Sodium, Wheat, Roasted Vegetable) <u>ShopRite Oyster Crackers</u>
<u>PRETZELS</u>	
<u>THE PRETZEL STOP</u> - ALL pretzel products, A nut free bakery that specializes in varieties of soft pretzel platters 106 S Long Beach Road, Rockville Centre	

Utz - Hard Pretzels, Pretzel (Butter Waffle, Nuggets, Pop'z, Rods, Wheels) Pretzel Snacks (Cinnamon, Country Stix) Pretzel Varieties, Select Pretzel Snacks (Butter, Pumpernickel, Toasted Sesame), Special Pretzels (Extra Dark, Multigrain, Regular)	Herr's – Mini Pretzels, Pretzel Rods, Extra Thin Pretzels, Stix Pretzels, Hard Pretzels, Bite Size Sourdough Hard Pretzels, Sourdough Mini Hard Pretzels, Whole Grain Pretzel Ribbon, Whole Grain Pretzel Sticks, San Francisco Sourdough Specials
Rold Gold – Thins, Snacks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat,	ShopRite – Mini, Mini Fat Free, Mini No Surface Salt, Gem, Amish Pretzel Snacks, Amish Pretzels Fat Free, Amish Pretzels No Surface Salt, Thin, Thin Fat Free, Waffle, Rods, Snack Pretzels Fat Free
Newman's Own – Salted Snacks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels	Bachman Pretzels – Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Nutzels (bite- size), Hard Sourdough, Pita Pretzel Squares, Kidzels 100 Calorie Pack
Annie's Homegrown - Organic Pretzel Bunnies, Organic Honey Wheat Pretzel Bunnies	*Trader Joes Pretzel Slims
Bachman – Original, Light	Kraft Handi-Snacks - Mister Salty Pretzels 'n Cheese Dip
Oatzels – Original, No Salt Added	Pepperidge Farm Goldfish Pretzels & 100 Calorie Pouches Goldfish Pretzels
<u>GRAHAM CRACKERS</u>	
*Annie's Homegrown Organic Bunny Grahams: chocolate chip, chocolate, honey, graham, snickerdoodles, ginger snap, gluten free cocoa and vanilla Honey graham crackers	Nabisco Honey Maid – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
*Annie's Homegrown Organic – Honey Graham Crackers, Cinnamon graham crackers	ShopRite – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams
Nabisco Grahams – Original	Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini
Cinnamon Grahams – Plain, Low Fat	Trader Joes Honey Graham Crackers
<u>POPCORN</u> ** (FOUR YEAR OLD CLASSES ONLY)**	
SkinnyPop Popcorn – Dusted Dark Chocolate, Jalapeno, Naturally Sweet, Original, Sea Salt & Black Pepper, Aged White Cheddar, Pepperjack	Sage Valley – Lite Organic Popcorn
SkinnyPop Popcorn – Aged White Cheddar, Pepper Jack	Wise Popcorn – Butter, Sea Salt, White Cheddar
Utz Popcorn – Butter, White Cheddar	Herr's - Cheese Flavored Popcorn, Light Popcorn, Original Popcorn, White Cheddar Flavored Popcorn
Good Health Natural Foods – Half Naked Popcorn with a Hint of Olive Oil	Bachman – Original, Light

<u>Deep River Snacks Organic Popcorn</u>	<u>Kurly Korn</u> – Premium Cinema Popcorn
<u>GRANOLA, TRAIL MIXES, & SEEDS</u> (**SEEDS SHOULD BE RESTRICTED TO 4s**)	
<u>Enjoy Life Seed & Fruit Mixes</u> – Beach Bash, Mountain Mambo	<u>MadeGood Granola Minis</u> – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Strawberry
<u>RICE SNACKS</u>	
<u>MadeGood Crispy Squares</u> – Chocolate Chip, Vanilla	<u>Quaker Quakes Rice Snacks</u> – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion
<u>Lundberg Organic Rice Cakes</u> – Rice with Popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea	
<u>FRUIT SNACKS & DRIED FRUIT</u>	
<u>Annie’s Homegrown Organic Fruit snacks</u> : berry patch, tropical treat, sunny citrus, summer strawberry, grapes galore, pink lemonade	<u>rothers-All-Natural Fruit Clusters</u> – Apple Cinnamon, Blueberry Apple, Raspberry Apple
<u>Annie’s Homegrown Organic Orchard fruit bites</u> : grape, apple strawberry, cherry	<u>Brothers-All-Natural Disney’s Frozen Fuji Apple Fruit Crisps (Disney Princess)</u>
<u>Brothers-All-Natural Fruit Crisps</u> – Asian Pear, Banana, Fuji Apple, Fuji Apple with Cinnamon, Mandarin Orange, Mango, Mixed Berry, Peach, Pineapple, Strawberry, Strawberry-Banana	<u>Brothers-All-Natural Mickey Mouse Fruit Crisps (or Mickey Mouse Clubhouse)</u>
<u>CEREAL</u>	
<u>Kelloggs</u> - Corn Flakes, Corn Pops, Alpha Bits	<u>Kashi: Go Lean Crunch</u>
<u>General Mills</u> - Cinnamon Toast Crunch, Cheerios (NOT HONEY NUT OR FROSTED)	<u>Trader Joe’s: O’s*/Multigrain O’s*/Triple Berry O’s*</u>
<u>Quaker Oats</u>	
<u>GRANOLA BARS</u>	
<u>MadeGood Granola Bars</u> – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry (FOUND IN CVS, STOP & SHOP)	<u>Don’t Go Nuts Snack Bar</u> – Blueberry Blast, Boogie Board Bash, Celestial Campout, Gorilla Power, Lift Service, Whitewater Chomp (FOUND IN KING KULLEN)
<u>INBalance Health INBar</u> – Cherry Chocolate, Chocolate Butter Crunch, Chocolate Fudge, Chocolate Mint, Cinnamon Swirl, Strawberry Banana	<u>**Enjoy Life Baked Chewy Bars</u> – Caramel Apple, Caramel Blondie, Carrot Cake, Cocoa Loco, Lemon Blueberry Poppy Seed, Mixed Berry, SunSeed Crunch

SPECIAL OCCASION SNACKS ONLY

BIRTHDAYS & HOLIDAY PARTIES

These snacks must be given prior administrative approval

NOTE: prepackaged cupcakes and cookies are permitted AS LONG AS they are designated “*Peanut and Tree Nut Free*”. They will be subject to be checked by the parent of the allergic child, so please make sure that they state that they are Peanut and Tree Nut Free AS WELL AS *made in a Nut Free facility*

CAKES, CUPCAKES, PIES & MUFFINS

BAKERIES:

The Sweet Peace – 26A Atlantic Ave. Lynbrook, NY 11563
Barenaked Bakery in Bellmore - 2572 Merrick Rd, Bellmore, NY 11710, US

***Divvies Cupcakes** – Chocolate, Vanilla
 ***Divvies Frosting** – Chocolate, Vanilla
 (Found at Wild By Nature and Kings in Garden City)

Leah’s Better Bites: Do Bites: Chocolate chip, Birthday, Sun Butter, Lil Mo Chocolate cupcakes (Can be found at Wild by Nature, Amazon Fresh and Whole Foods)

COOKIES

Oreos – Original, Double Stuff

Lorna Doone Shortbread Cookies

Newtons – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry

Chips Ahoy – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini

Nabisco 100 Calorie Packs – Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie

Barnum's Animal Crackers – Original

Newtons Minis – Whole Grain Fig

ShopRite Scrunchy Animal Crackers

Cybele's Free-to-Eat Cookies– Chocolate Chip, Chocolate Chunk Brownie, Oatmeal Raisin (Found in Walmart)

Enjoy Life Crunchy Cookies – Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham

Enjoy Life Mini Cookies – Crunchy Chocolate Chip, Crunchy Double Chocolate, Crunchy Sugar Crisp, Crunchy Vanilla Honey Graham, So Baked Chocolate Chip, So Baked Double Chocolate Brownie, Soft Baked Snickerdoodle

Enjoy Life So Baked Cookies– Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, Snickerdoodle

Lucy's Gluten Free Brownie Crisp

Lucy's Gluten Free Snack 'n Go Packs– Chocolate Chip/ Chocolate Cookie

Lucy's Gluten Free Cookies– Chocolate Chip, Chocolate Chocolate Chunk, Cinnamon Thin, Ginger Snap, Lemon Goodness, Oatmeal, Sugar Cookie

Ice Cream, Ice Pops, & Ices

<p>*A La Mode Ice Cream: Pints (Chocolate, Cooks, Partly Cloudy, Pink Sprinkle, Speed Bump, Vanilla, Wired) Bars (Partly Cloudy, Speed Bump, Vanilla, Wired) Cups (Chocolate, Partly Cloudy, Pink Sprinkle, Speed Bump, Vanilla, Wired)</p> <p>(CAN BE FOUND AT ONCE UPON A SUNDAE in RVC)</p>	<p>Five Pennies Creamery: Chocolate and Vanilla Custard</p> <p>NOTE: Ice cream in display cases cannot be considered safe as the same scooper may be used for all the ice creams. A NEW batch would have to be used in a flavor that inherently is a nut free flavor, if there were to be a consideration of using a flavor outside of the vanilla and chocolate custard.</p>
<p>Nana Creme – Blueberry Pie, Brownie, Chocolate Chip, Chocolate Covered Banana, Cookie Dough, Mint Chip, Strawberry, Vanilla</p>	<p>Breyers Pure Fruit Bars – 12 Pack (Strawberry, Orange, Raspberry)</p>
<p>Luigi's Real Italian Ice – 6 Pack Varieties: Cherry, Lemon, Lemon & Strawberry, Mango, Watermelon & Blue Raspberry</p>	<p>Marino's Italian Ice – 12 Pack Varies: Blue, Bubble Gum, Cherry, Chocolate, Cola, Grape, Lemon, Lime, Mango, Orange, Pineapple, Rainbow, Strawberry, Tropical, Watermelon</p>
<p>Dole Fruit Bars – Variety 12 Pack (Strawberry, Grape, Raspberry)</p>	

CANDY

<p>*Dum Dums – Assorted, Holiday Pops, Summer Favorites</p>	<p>*Dots</p>
<p>*Dum Dums Candy Canes</p>	<p>Twizzlers – All wrapped varieties</p>
<p>*Jelly Belly Candy Canes – Tutti Frutti, Blueberry, and Watermelon, Very Cherry, Green Apple, and Orange</p>	<p>Skittles – All varieties</p>
<p>*Tootsie Rolls</p>	<p>*Tootsie Pops</p>
<p>Hershey's Chocolate Bars – 1.55 oz Bars (Note: other sizes may not be safe)</p>	<p>Hershey's Chocolate Kisses – Plain, Special Dark</p>
<p>Sour Patch Kids</p>	<p>Starburst Fruit Chews – All varieties</p>

