

**Saint Paul the Apostle Catholic School's Peanut/Tree Nut Free Approved Snack List**

The approved snack list is included below. **NO EXCEPTIONS PLEASE.** We ask that your choices for snacks provide nutrition and energy. No peanuts/tree nuts are to be sent to school because of life threatening food allergies. Please **READ THE INGREDIENT LIST** and any fine print right under (or off to the side of) the ingredient list. Items produced on the same equipment or processed in the same facility as nut-containing products may contain traces of nuts and **WILL** cause an allergic reaction in most children with a peanut/tree nut allergy. Also, ingredient lists, production equipment, or facilities may change at any time causing new cross contamination statements on ingredient lists. **The School reserves the right to further restrict or modify this snack list.**

In addition to a daily snack, a water bottle that is clearly labeled with a student's name will be permitted. Any cold snack items should be kept in a lunch bag with an ice pack.

<b>Brand</b>	<b>Product</b>
Fresh Fruit and Vegetables	
Yogurt-Bring a spoon!	Containers, tubes, or drinkables (NO add-ins, such as granola, candy, or nuts)
Cheese	
Fruit Cups-Bring a spoon!	Applesauce cups, mashed fruit tubes, or other fruit cups
Raisins	Plain (NO chocolate covered raisins)
Saltine or Oyster Crackers	
Annie's Homegrown	Cheddar Bunnies Bunny Graham Friends Honey Bunny Grahams Fruit Snacks
Archer Farms Fruit Snacks or Fruit Strips	Fruit Snacks or Fruit Strips
ConAgra Foods-Bring a spoon!	Slim Jim Slim Jim Pepperoni and Cheese Snack Pack Puddings (Vanilla or Chocolate)
Jell-O (Kraft)-Bring a spoon!	Pudding Cups (Chocolate, Chocolate Vanilla Swirls, and Vanilla)
Keebler	Scooby Doo Graham Cracker Sticks
Kellogg's	Fruit Snacks
Kraft	Handi-Snacks (Crackers and Cheese or Breadsticks and Cheese)
Nabisco	Fig Newton Bars Wheat Thins
Pepperidge Farm	Goldfish Crackers
Plum Kids Organics	Mashups Yogurt Mashups Shredz Yo' Drops
Rold Gold (Frito Lay)	Pretzels <b>ONLY</b>
Sensible Portions	Garden Veggie Straws-Sea Salt Garden Veggie Chips-Sea Salt
Skinny Pop	Popcorn (100 calorie bags)
Snack Factory	Pretzel Crisps (Original Only)
Sunshine	Cheez-it Crackers