

St. James Preschool

Recommended Peanut-/Nut-free Treats

Please bring enough snacks for 14 students. Please do as much prep as possible and leave snack in one of the labeled bins in the parent room. Snack must consist of 2 food groups, i.e. carrots and yogurt or Apples and milk. If you are bringing a special treat it can be addition to snack – not a replacement for snack.

*****IMPORTANT*****

Due to continual changes in manufacturer packaging and processing, please read the ingredient labels on all snacks chosen from this list to ensure that they do not contain any of the following: peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal, or the statements “May contain traces of peanuts/nuts” or “Manufactured in a facility that also processes peanuts (and/or other nuts)”.

Fruits/Fruit Cups

All fresh fruit
Raisins
Applesauce cups
T. Marzetti's Carmel Apple Dip with apples

Vegetables

All fresh vegetables and veggie dips

Crackers

Graham Crackers -- Honey Maid, Keebler, Safeway, Nabisco
Ritz Crackers (plain only, not sandwiches)
Zesta, Sunshine or Premium brand
Saltines
Sunshine Cheez-Its, White Cheddar
Cheez-Its, Cheez-Its Party Mix
Quaker Plain Rice Cakes
Triscuit
Wheat Thins
Pepperidge Farm Goldfish (NOT CINNAMON)
Pepperidge Farm Butter Thins
Keebler Town House Crackers
Keebler Club Crackers
Keebler Snack Stix
Toasted
Wheatables
Cheese Nips

Salty Snacks

Pretzels - Rold Gold, Dominicks
Popcorn – plain or light

Jellos, Puddings & Yogurts

Kraft Handi-Snacks – low fat vanilla & chocolate pudding
Jello – sugar free Gelatin Cups, vanilla, chocolate, chocolate & vanilla pudding
Hunt's Pudding low fat Snack Pack
Yogurt – light or low fat variety

Cereal

Cheerios – plain, Apple Cinnamon
Golden Grahams
Life Cereal
Kix, Berry Berry Kix
Chex – All flavors
Crispix

Miscellaneous

Pepperidge Farm Raisin Cinnamon and Cinnamon bread
Mother's Wheat Bread
Sara Lee Wheat Bread
Bagels – Lenders, Thomas'
*Muffin Mix – Betty Crocker: blueberry, chocolate chip,

Please keep in mind that fruits and vegetables are strongly encouraged. It is very important that you let your child's teacher know if he/she cannot eat an item on the above list due to other life threatening allergies.

**ALWAYS REMEMBER TO
READ LABELS AS
INGREDIENTS CAN
CHANGE!!!**