

Turtle Lake Elementary School

Safe Snack Guidelines

August 30, 2017

Turtle Lake Families,

In an effort to provide a safe learning environment for our Turtle Lake students, a school-wide safe snack plan is in place to help ensure the safety of our students with life threatening food allergies. In grade levels where a snack is part of your child's day, the following food items have been cleared as safe snacks. Please note that this list may change throughout the school year as ongoing information becomes available regarding the manufacturing of these products. We ask that you please continue to check the labels of these snacks to ensure these snacks are free of peanuts and tree nuts. While we continue to encourage the consumption of healthy foods during snack time, this larger list has been created to provide more choices for families. **Snacks from this list are the only snacks which will be permitted for consumption in the classroom.** Thank you for your cooperation and understanding.

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, strawberries, melons, berries, etc.)
- Any fresh vegetables (baby carrots, celery sticks, grapes, tomatoes, cucumber slices, broccoli, etc.)
- Raisins, Craisins and dried fruit slices (no trail mix)
- Cheeses (string cheese, sliced cheeses, cottage cheese)
- Hard boiled eggs
- Lunch meat / Pepperoni / Beef sticks
- Baked Ruffles Potato Chips (Original, Cheddar and Sour Cream)
- Baked Lays Potato Chips (Original, Sour Cream and Onion, Parmesan and Tuscan Herb)
- Pringles (Original, Reduced Fat or BBQ)
- Doritos (Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn)
- Pirate's Booty Veggie Chips
- Pirate's Booty Cheese Snacks (Aged White Cheddar, Sour Cream & Onion, New York Pizza)
- Fig Newtons
- Pepperidge Farm Goldfish Pretzels (or 100 Calorie Pouches Goldfish Pretzels)
- Rold Gold Pretzels (Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic)
- Cheetos (Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked)
- Betty Crocker Fruit Roll-Ups
- Betty Crocker Fruit By The Foot
- Fruit Gushers
- Betty Crocker Fruit Flavored Snacks
- Cheese Nips
- Cheez-Its (Original, Reduced Fat, Big, White Cheddar, Reduced Fat White Cheddar, Hot & Spicy, Parmesan & Garlic, Duoz, Scrabble Junior, Cheddar Jack, Pepper Jack, Baby Swiss, Italian Four Cheese, Colby, Whole Grain, Gripz)
- Cheez-Its Snack Mix
- Goldfish Crackers (Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain)
- Pirate Brand Original Tings (Crunchy Corn Sticks)
- Snyder's of Hanover Gluten Free Pretzel Sticks
- Kinnikinnick (Smoreables Graham Crackers, KinniKristters Animal Cookies, Vanilla Wafers)
- Good Health Veggie Stix
- Harvest Snaps Snapea Crisps Lightly Salted
- Kettle Brand Potato Chips