

Longfellow School Approved Snack List

Kindergarten

2018-2019

Our classrooms are safe places for all children. Due to food allergies, food brought into our kindergarten classrooms, must not contain:

peanuts, tree nuts, milk (dairy), egg, fish

*please note there is also a honeydew, mango and cantaloupe allergy but the student can safely be around these fruits

Our students are not permitted to share snacks and the type of snacks that are permitted are outlined below. As you can see, this list does not contain brand names. We will need parents to ensure that the products below do not contain nuts. Per district policy, snacks must be “peanut/ tree nut free.” That means they cannot contain peanuts, peanut butter, or tree nuts such as almonds, walnuts, cashews, hazelnuts, pecans etc. Please ensure you read the labels of your food. Food **must not** contain the following warnings and/or ingredients:

- *Peanuts or tree nuts are listed as an ingredient*
- *“May contain nuts” warning*
- *“Food may have been processed in a facility that contains nuts” warning*

Manufacturing practices change often, so please read labels to ensure the safety of all of our students.

Fresh Fruit
Dried Fruit
Vegetables
Apple Squeezers
Veggie or Fruit Chips/Sticks (**Only plain or original**)
Toasted Oats or O’s
Crackers (**Only plain or original**)
Graham Crackers
Plain Pretzels
Plain Popcorn

Nurse Kimmy
Longfellow Certified School Nurse
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*August 31, 2018