

# Longfellow School Approved Snack List

## Third Grade

### 2019-2020

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

**eggs (baked okay), shellfish, tree nuts, peanuts and sesame**

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

String Cheese

Veggie or Fruit Chips/Sticks

Toasted Oats or O’s

Crackers

Graham Crackers

Plain Pretzels

Pirate’s Booty

Plain Popcorn

Nurse Kimmy

Longfellow Certified School Nurse

708-524-3064

\*August 5, 2019