

Dear Parents and Guardians:

As you are aware, several of our students have food allergies to peanuts and nut products.

*Our goal is to meet the health needs and provide a safe environment for all of our students. Listed below are snack foods that are acceptable if your child is in area that is **peanut free**.*

Fresh fruits and vegetables

Applesauce/fruit cups

Cheese

Dolphin friends cheese crackers

Yogurt (no crunchies)

Eggs

Nabisco Oreos

Pepperidge Farm Pretzel

Cheddar or Pizza Goldfish Crackers

Wal-Mart cheese whales cracker

Sunshine Cheese-its

Wise cheese doodles

Nabisco Teddy Grahams (chocolate is OK)

Frito-lay Doritos—Cheese or Ranch

Schultz Pretzels from Costco

Lays, Wise or Utz Potato Chips

Nabisco-Nilla Wafer Cookies

Nabisco—Fig Newtons

Entenmanns, powdered doughnuts

Betty Crocker—Dunka Roos

Jello Pudding or Jello cups

A & P or Kellogg Rice Krispie Treats (plain).

Ice Pops (made with real fruit juice)

Pillsbury Cake mix and frosting (choco or vanilla)

Keebler- Gripz, chocolate Chip

Kellogg Pop Tarts—no peanut butter flavor.

As you can see, there is variety of foods to choose from.

Two important points:

*1. 1. Pls. do check the packaging before you buy the products.
Because they do change on occasion.*

*2. 2. Pls. teach/instruct your children not to share snacks or
food in school.*

As new information comes to me, I will surely share it with you.

*We appreciate your understanding and co-operation in providing
a safe and healthy environment for all of our students.*

Thank you,

*Mrs. Virgie T. Chi RN
School Nurse
908-851-6466*

*All Dunkin donuts have peanut oil/peanut content. Pls. do not
send them to school.*