

Approved Snack List

Some children at Dear Elementary have severe peanut allergies. When it is your child's turn to bring snacks, please select from the following list. These items are suggested for all classrooms and promote the district's health and wellness goals. (Brand names do matter.)

(The reverse side of this page lists snack items that are more popular for "birthday" treats.☺)

Fresh fruit

Del Monte and Dole Packaged Fruit – such as fruit cups

Musselman's Applesauce

Cheese – cubes, slices, string cheese

Vegetables – such as carrot sticks, celery sticks, pepper sticks

Barnum's Animal Crackers by Kraft/Nabisco

Betty Crocker fruit snacks

Bugles – original

Cheerios – plain

Fruit Roll Ups

Fruit by the Foot

Keebler Club Crackers and Sticks – original or wheat

Keebler Golden Vanilla Wafers

Keebler Town House Classic Crackers

Keebler Wheatables

Kellogg's Nutri-Grain Cereal Bars (check label – not the Fruit and Nut bars)

Kellogg's Nutri-Grain Yogurt Bars (check label – not the Fruit and Nut bars)

Kellogg's Yogos

Kellogg's Fruit Flavored Snacks

Nabisco Premium Saltine Crackers

Nabisco Nilla Wafers

Nabisco Graham Sticks or Crackers in Honey, Regular, or Chocolate

Nabisco Fig Newtons, Apple Newtons, Raspberry Newtons

Pepperidge Farm Goldfish and Baby Goldfish – original or cheddar

Popcorn – Act II and Pop Secret Microwave Popcorn

Ritz Crackers – original, but NOT Ritz Bits

Rold Gold Pretzels (original only)

Sun Chips – original or cheddar

Sun-Maid Raisins

Teddy Grahams – honey or cinnamon

Triscuits

Wheat Thins

Yoplait Go-Gurt tubes

Zesta Saltines

Approved Birthday Treats

Treats:

Hostess Cupcakes – chocolate, vanilla, and golden
Krispy-Kreme donuts (can be purchased at supermarket)
Oreos – original, double stuff, golden (other varieties NOT safe)
Rice Krispie Treats (prepackaged)

Candies:

Bottlecaps (Wonka brand)
Charleston Chews
Dots
Dum Dums
Hershey's Chocolate Bar – 1.55 oz size (other sizes NOT safe)
Hershey's Kissables
Hershey's Kisses – plain
Hot Tamales (the candy)
Jet Puffed Marshmallows
Jolly Ranchers (hard or soft)
Junior Mints
Laffy Taffy
Life Savers
Marshmallow Peeps
Mike and Ike
Nerds
Rolos – regular size
Runts
Skittles
Smarties
Starburst
Sweet Tarts and Shock Tarts
Tootsie Pops
Tootsie Rolls
Twizzlers - strawberry