



Kings Local School District Classroom Snack List



The Kings Local School District Snack List was developed to provide guidance to parents in selecting healthy and nut free snacks for the classroom. It is the intention to support student development toward promoting healthy foods while providing food offerings that are safe for all students to order to minimize allergen events.



- ❖ Snacks should not be too messy for eating in the classroom.
- ❖ Please cut up fresh fruits and vegetables for easy servings, please wash before cutting all fruits and vegetables. Use snack baggies for easy handling.
- ❖ Please pack a napkin with your child's snack.
- ❖ Fresh fruits, fresh vegetables, yogurt, cheese and other healthy choices like dried fruit are preferred snack choices.
- ❖ There is NO refrigeration available for snacks in the classroom. If refrigeration is needed please pack in a cooler.
- ❖ It is preferred that snacks are pre-packaged, sealed, individually wrapped (in the original package) and nut free.
- ❖ All store bought treats must remain sealed, in their original package and contain the manufacturer label, listing all ingredients and allergens.



These items are **NOT** acceptable classroom snacks:

- ❖ All nuts are NOT permitted (i.e., peanuts, cashews, almonds, walnuts, pecans etc...)
- ❖ Peanut Butter or Nut Butters are NOT permitted
- ❖ Sesame Seeds are NOT permitted
- ❖ Homemade Snacks or Baked Goods are NOT permitted
- ❖ Granola or Granola Bars are NOT permitted
- ❖ Trail Mix or other snack mixes are NOT permitted

PLEASE NOTE – Snacks that contain statement such as “may contain traces of...” Or, “Made on equipment that manufactures or processes...” or, “Made in a facility that manufactures....” are **NOT** considered to be safe due to cross contamination of the allergen.

Snacks containing peanuts or other nuts are **NOT** allowed for classroom snacks. This includes snacks containing any type of nut (i.e., peanuts, cashews, almonds, walnuts, pecans, brazil nuts, hazelnuts, macadamias, pine nuts, pistachios and sesame seeds). Items contained on this list are those at this time do not contain peanut or nut products. These items have NOT been reviewed for the other major allergens. Parents (and teachers) are encouraged to check labels on food labels to be sure that the products do not contain offending allergens and safe for the child to eat.

Food items stored in bins or storage containers in the home may be contaminated by residue from a food containing peanut or a nut product. Upon foods being brought into the classroom, please store in a secure location, avoiding cross contamination from foods potential to cause allergic reactions.

Contact your child's School Nurse or the Food Service Director if you have questions or concerns.

PREFERRED SNACK CHOICES:

Fresh Fruit (washed) ***

Suggestions:

Apples (red, green)
Bananas
Grapes (red, green)
Melon (cantaloupe, watermelon)
Orange Slices
Peaches/Pears
Pineapple

Fresh Vegetables (washed) ***

Suggestions:

Bell Pepper Strips
Broccoli Florets with ranch dip
Carrot Sticks
Cauliflower florets with ranch dip
Celery Sticks
Cherry Tomatoes
Sugar Snap Peas

*** When cutting up fresh fruit and vegetables in order to prevent cross contamination make sure that these items are not cut on the same cutting board or with a knife that has been used in prior food preparation. Washing utensils and kitchen counters with hot water and soap is the best way to remove the residue, wiping or rinsing the counter/work space and utensils is not enough to remove the residue and could leave enough allergen to cause a reaction. Proper cleaning of work surfaces and utensils is extremely important.

Dried Fruit -

Suggestions:

Craisins
Raisins

Yogurt/Cheese -

Suggestions:

String Mozzarella String Cheese
Colby-Jack Cheese Stick

ACCEPTABLE SNACK CHOICES: (check ingredient labels at all times)

Crackers -

Suggestions:

Barnum Animal Crackers, Keebler
Cheese Nips, Kraft
Goldfish Crackers, Pepperidge Farm
Honey Maid Graham Crackers, Nabisco
Scooby Doo Graham Cracker Sticks, Keebler
Teddy Graham Crackers, Nabisco
Triscuit and Wheat Thin Crackers, Nabisco

Chips/Pretzels/Popcorn -

Suggestions:

Baked Ruffle Chips, Frito Lay
Goldfish Pretzels, Pepperidge Farm
Mister Salty Pretzel & cheese dip, Kraft
Pringles, Kellogg's
Rold Gold Pretzels (twists, stix, rods)
Smart food Popcorn, Frito-Lay
Veggie Chips, Natural Foods

LIMITED CHOICES: (classroom parties, rewards, incentives)

Treats: (all treats MUST be individually wrapped, sealed in manufacturer package)

Dum Dum Suckers
Jolly Ranchers
Lifesavers
Smarties
Skittles
Tootsie Rolls
Twizzlers

DISCLAIMER: ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCESSES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCTS' RESPECTIVE MANUFACTURERS ON THEIR LABELS OR VIA OTHER MEANS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCTS' RESPECTIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE, NOT AS AN AUTHORITATIVE SOURCE, AND IS NOT INTENDED TO REPLACE THE ADVICE OF ANY MEDICAL PROFESSIONAL. PRIOR TO PURCHASING ANY LISTED FOOD ITEM, IT IS YOUR RESPONSIBILITY TO CHECK THE PRODUCT LABEL TO ENSURE THAT UNDESIRE ALLERGENS ARE NOT LISTED AS INGREDIENTS AND TO VERIFY WITH THE MANUFACTURER THAT TRACE AMOUNTS OF UNDESIRE ALLERGENS WERE NOT INTRODUCED DURING THE MANUFACTURING PROCESS. CURRENT FDA LABELING GUIDELINES DO NOT MANDATE MANUFACTURERS DISCLOSE POTENTIAL ALLERGENS THAT MAY BE INTRODUCED AS PART OF THE MANUFACTURER PROCESS