

BCSD NUT AWARE CELEBRATION SNACK LIST

Bettendorf Community School District nurses, director of nutrition services and administrators have developed a list of safe snacks for students. The list has been developed to assure that all students are safe at school. We have listened to feedback from parents and are providing a revised list that may be used for either daily or celebration snacks. Thank you for supporting our district as we strive to provide a safe environment for all students.

The celebration food items listed will be accepted for birthdays, holiday parties and at the teacher's discretion. Please limit one snack per student.

This list is effective between the hours of 8:00 a.m. - 3:30 p.m.

***ITEMS may NOT contain nuts or be made in a facility that uses shared equipment.**

***Items received that are past the printed expiration date will not be accepted.**

***Foods MUST BE store bought, brand name specific, and come in original packaging (not homemade).**

***The safest method of providing a safe snack is in a prepackaged individual serving.**

In the event that an item is bought in bulk; ie fruits, vegetables, and cheese:

1. Make sure that the item is on the approved snack list.
2. Prior to placing items in plastic baggies, take time to wash your hands, counter space, and any serving utensils with antibacterial soap and water.

*** If it is medically necessary for your child to have a food alternative not listed on the BCSD Nut Aware Celebration Snack List, you must contact your physician for a written order that specifically states the following:**

1. The medical reason for the necessary alternative
2. What the alternative should be

*****The alternative MUST be NUT FREE*****

***Every effort was made to ensure the items on this list can be found at local stores.**

***BCSD does not consider all items on this list to be healthy.**

*******PLEASE CHECK ALL LABELS BEFORE PURCHASE, AS INGREDIENTS CAN CHANGE*******

BEEF and TURKEY STICKS: Available at Aldi's and other local stores.

CANDY: Charms Blow Pops, Cry Baby Sour gumballs, Dots, Double Bubble (gumballs and twist wrapped), Fun-dip, Hershey's Plain Chocolate Bars (**1.5 oz ONLY**), Hershey's Milk Chocolate Kisses (Plain), Jolly Ranchers, Junior Mints, Lifesavers, Laffy Taffy, Nerds & Nerd ropes, Mike & Ike's, Pixie Stix, Parade Cotton Candy, Charleston Chew, Junior Mints (and caramels), Sugar Babies, Pez, Dum Dum Pops, Good and Plenty, Kraft Caramels, Pop Rocks, Push Pop, Ring Pops, Twizzlers (all wrapped varieties), Rolo, Runts, Skittles (all varieties), Smarties, Sour Patch Kids (and straws), Starburst Fruit Chews (all varieties), Gummi Bursts (all varieties), Sweet Tarts, Dum Dums, Spangler brand Saf-T-Pops, Swirl Saf-T-Pops (Candy Canes), Sugar Daddy, Swedish Fish (original), Tootsie Roll (all varieties), Tootsie Caramel Apple Suckers, Whoppers (original)

CEREAL AND BARS: General Mills (wheat, rice, corn Chex), Golden Grahams, Cheerios (plain), Cinnamon Toast Crunch, Kix, Trix, Lucky Charms, Quaker Oatmeal Squares, Kellogg's Nutri -Grain cereal bars (apple, blueberry, strawberry, cherry), Kellogg's Rice Krispy Treats (plain), Kellogg's (S'mores, Chocolate Krave, Fruit Loops, Apple Jacks), Enjoy Life Baked Chewy Bars (Sunseed Crunch at the HyVee HealthMarket)

ALDI products/brands: Baked Chewy Bar (very berry, caramel apple), Live G Free (Granola, Cinnamon Raisin Granola and Very Berry Granola), Millville (Cinnamon and Original Oat Squares, Multi grain and Plain Crispy Oats, Rice Krispies, Corn and Cinnamon Squares, Bite Size Frosted and Strawberry Cream Shredded Wheat, Kids Plain and Berry Crunch, Simply Nature Shredded Wheat)

CHIPS/PRETZELS/RICE CAKES/POPCORN: Frito Lay brand (Cheetos, Doritos, Sunchips, Potato Chips, Ruffles, Tostitos, Rold Gold Pretzels, Kitchen Cooked Pretzels), Pirate Booty brand, Chester Popcorn, Kitchen Cooked Popcorn, Skinny Pop Popcorn (all varieties), Pringles Stix, Utz brand (Chips, Pretzels, Cheese Balls, Hard Pretzels (Sam's Club Only)), Kraft Handi-Snack (Mister Salty Pretzels and cheeses) Snyder's Pretzel Pieces

ALDI products/brands: Specially Selected Sea Salt and Pita Chips, Clancy's brand chips (kettle chips, tortilla chips), Live G Free Brand (Pretzels, Fit N Active Cinna Swirl Rice Cakes).

COOKIES: Enjoy Life Crunchy Cookies and Soft Baked Cookies (HyVee HealthMarket), Chips Ahoy (original, mini, thin crisps), Lorna Doone, Walmart Bakery Brand (Mini frosted sugar cookie, mini vanilla bean cookie, Big pack 20 count white and blue frosted cookies, pink and blue frosted cookies, iced sugar cookies (white drizzle with blue drizzle and sprinkles)), Enjoy Life brand (any variety), Oreos (original, mini, regular, golden, thin crisps), Keebler (mini fudge stripes, vanilla wafers), Pepperidge Farm gingerbread cookies, Keebler, Nabisco 100 calorie packs (shortbread crisps and pop tart crisps)

ALDI products/brands: Live G free (Snickerdoodle and Chocolate Brownie Soft Bakes)

CRACKERS: Ritz, Cheez-itz, Whole Grain Cheez-It, Triscuit, Triscuit Thin Crisps, Cheese Nips, Cheez-It snack mix, Goldfish (all varieties), Wheat Thins, Kraft Handi Snacks (pretzels with cheese & breadsticks with cheese), Barnum Animal Crackers, Nabisco Air Crisps, Townhouse Flatbread Crisps, Quaker Rice Snacks, Lundberg Organic Rice Cakes
ALDI products/brands: Savoritz Baked Penguins, Savoritz Cheese Dip & Cracker Sticks, Savoritz Brand (Original Woven Wheat Baked Crackers, Rosemary and Olive Oil Wheat Bakes Crackers, Cracked pepper & Olive Oil Baked Crackers)

CUPCAKES/MUFFINS: Walmart Bakery Brand (Mini Cupcakes, Frosted Carrot Cake, Mini Muffins), Hostess (Twinkies, Cupcakes)

ALDI products/brands: Bakers Treat (Cupcakes, Cinnamon Streusel Cakes, Treat Honey Buns).

DAIRY/CHEESE: string or cubed cheese, yogurt, Go-Gurt, Jell-O or Snack Pack Pudding Cups, cottage cheese,
ALDI products/brands: Lunch Buddy (jello, fruit cups, pudding cups)

DRINKS: Water

FROZEN SNACKS: Dole Fruit Bars, Edy's and Breyers Fruit Bars, Healthy Choice or Yoplait Greek Frozen Yogurt, Luigi's Real Italian Ice, Marino's Italian Ice, Minute Maid Juice Bars, Popsicles, Bomb Pops, Sherbet Cups, Swiss Miss Fudge Bars, Hy-Vee Birthday Bash Ice Cream Cups, Hershey's (chocolate and caramel syrup), Reddi-wip whipped topping, Hy-Vee vanilla ice cream

FRUITS/VEGGIES: Fresh Fruit (grapes, bananas, apples, oranges, peaches, pears, strawberries), Fresh Vegetables (broccoli, cauliflower, cucumbers, carrots), Raisins, Craisins, Cranberries, Applesauce cups, Fruit Cups, Jell-O cups,
ALDI products/brands: Simply Nature freeze dried fruit, Lunch Buddy applesauce cups

FRUIT SNACKS: Welch's, General Mills, Kellogg's, Betty Crocker, Annie's Organic, Cliff Kid organic, Stretch Island Fruit Co. Organic Fruit Strips

GRAHAM CRACKERS: Nabisco (Grahams, Honey Grahams, Teddy Grahams), Keebler Graham crackers, Annie's (Graham crackers or Bunnies)

GRANOLA/TRAIL MIXES: Enjoy Life Seeds and Fruit Mixes (HyVee HealthMarket)

GUM: All Wrigley brand: Doublemint, Big Red, Freedent, Extra, Eclipse, Wubba Bubba, Juicy Fruit, Orbit, Spearmint, Winterfresh, 5 Gum.

MARSHMALLOWS: Campfire Brand, Kraft Marshmallows.

MINTS: Altoids, Andes Mints (all varieties), Starlight Brand

OTHER: Hard boiled eggs, Plain olive - not stuffed - check labels. Pickles - check labels

SEASONAL: Sunrise or Blueberry Candy Corn, Starburst Jelly Beans, Spangler Candy Canes, Bob's Candy Canes, TruJoy Candy Canes, Wonka, Nestle & Necco Conversation Hearts, Oreos (candy corn flavor), Peeps, Spangler Brand Swirl Saf-T-Pops (Candy Canes),