

BCSD DAILY NUT AWARE 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 food items listed will be accepted in the classroom on a daily basis. 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.**

***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 Daily Snack List, you must contact your physician for a written order that specifically states the following:**

1. Why
2. What the alternative should be

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

***Every effort was made to ensure the items listed 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.

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) Snyders Pretzel Pieces

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

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)

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

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

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)

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