

BCSD DAILY NUT AWARE SNACK LIST

The 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 ensure all students are safe at school. We have considered 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.
- *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.
- *The safest method of providing a safe snack is in a prepackaged individual serving.

In the event that an item is bought in bulk (e.g., fruits, vegetables, and cheese):

1. Make sure 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 Daily Nut Aware 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 could be found at local stores.

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

*BCSD does not promote any brand names or stores. However:

- a. All local grocers – including Schnucks, Hy-Vee, Walmart, Target, and Fareway – cannot guarantee that any of their own name brand products have been produced in a nut-free facility unless specifically stated on this list.
- b. The law requires packaging to list any of the eight major allergens but does not require packaging to state if the product was manufactured in a facility that also processes nuts. It is of the utmost importance that only items on this list are purchased for snacks and celebrations.

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

BEEF and TURKEY STICKS: Available at ALDI 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 Cereal (S'mores, Chocolate Krave, Fruit Loops, Apple Jacks), Enjoy Life Baked Chewy Bars (SunSeed Crunch, available at the Hy-Vee 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: Combo's (any variety by Mars brand), 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-Snacks (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)

CRACKERS: Ritz, Cheez-It, Whole Grain Cheez-It, Triscuit, Triscuit Thin Crisps, Cheese Nips, Cheez-It snack mix, Goldfish (all varieties), Wheat Thins, Kraft Handi-Snacks (Pretzels 'n Cheez & Breadsticks 'n Cheez), 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 Baked 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 (Hy-Vee HealthMarket)

OTHER: Hard-boiled eggs, plain olives - not stuffed (check labels), pickles (check labels)