

## **BCSD NUT AWARE DAILY SNACK AND CELEBRATION 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 for daily snacks and for celebrations. Thank you for supporting our district as we strive to provide a safe environment for all students.

Please limit to 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.

### **CELEBRATION FOODS**

MUST BE store bought, brand name specific, and come in original packaging – no exceptions.

### **DAILY SNACKS**

Each student is to bring their own individual snack from the SAFE SNACK LIST.

Please remind your student to NEVER share their snack as *this could be a life threatening event for some students.*

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) and it is for your individual student only :

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 Healthy/Safe or Safe Celebration list, you must contact your physician and provide a Dietary Modification Request form available on the BCSD website. The medical reason for the necessary accommodation must be listed as well as a NUT FREE alternative. A physician signature is required.

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.

\*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.

## DAILY SNACKS

ONLY the following Healthy Safe Snacks will be allowed in the classroom for daily snacks.

<p><b>PICK OR PEEL</b></p> <p><i>Any fresh fruit or vegetable (Feel free to add hummus or low fat ranch dressing or low fat yogurt)</i></p>	<p><b>APPLESAUCE &amp; OTHER FRUITS</b></p> <p><i>Applesauce cups, Fruit Squeeze packs, dried fruit (low sugar), raisins, Craisins/dried cranberries, fruit cups, Jello cups</i></p>	<p><b>FRUIT SNACKS</b></p> <p><i>Welch's, Annie's, Mott's, or Yum Earth brand fruit snacks made with real fruit. General Mills Fruit by the Foot</i></p>
<p><b>CRACKERS</b></p> <p><i>Nabisco brand: Grahams, Honey Grahams, Teddy Grahams; Triscuit or Triscuit Thin Crisps; Wheat Thins; Nabisco Saltines Quacker Rice Snacks; Cheez-It Crackers (original)</i></p>	<p><b>POPCORN</b></p> <p><i>Pirate Booty Puffs, Boom Chicka Pop (plain and cheddar), Skinny Pop popcorn – all varieties</i></p>	<p><b>VEGETABLE SNACKS</b></p> <p><i>Veggie Straws (Sensible Portions brand)</i></p>
<p><b>PEPPERIDGE FARM GOLDFISH OR PRETZELS</b></p> <p><i>Whole grain preferred</i></p>	<p><b>PRETZELS</b></p> <p><i>Rold Gold Pretzels, Utz Hard Pretzels, Snyder's brand pretzels, Kraft Handi-Snacks (only Mister Salty Pretzels with Cheese or Premium Breadsticks with Cheese)</i></p>	<p><b>OTHER</b></p> <p><i>Beef sticks, turkey sticks, hard boiled egg, pickles, Pediasure, Oragin Kids Protein Shake</i></p>
<p><b>CEREAL/GRANOLA BARS</b></p> <p><i>Nutri Grain Bars (Strawberry, Blueberry and Apple), Kellogg's Rice Crispy Treats (plain), Enjoy Life Baked Chewy Bars, Made Good brand products</i></p>	<p><b>CEREALS</b></p> <p><i>Cheerios (plain and apple cinnamon), Chex, Golden Grahams, Kix, Lucky Charms, Trix, Cocoa Puffs, Fruit loops, Cinnamon Toast Crunch, Frosted Flakes, Quaker Oatmeal Squares, Apple Jacks</i></p>	<p><b>BUTTERS</b></p> <p><i>Wow Butter and Sunbutter (must be in individual serving cups)</i></p>
<p><b>REDUCED FAT CHEESE</b></p> <p><i>String cheese, cubed cheese, cheese slices (any variety - NOT brand specific)</i></p>	<p><b>PUDDING CUPS</b></p> <p><i>Fat free preferred</i></p>	<p><b>OTHER DAIRY</b></p> <p><i>Yogurt tube or cup, Dannon Danimals fruit smoothies, Go-Gurt Dunkers, Cottage cheese (low fat preferred)</i></p>

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

### CELEBRATIONS

The celebration food items listed below will be accepted for birthdays, holiday parties and at the teacher's discretion. Celebrations may include any of the items under the Healthy/Daily Safe Snack list as well as the following:

\*\*Reminder: MUST BE store bought, brand name specific, and come in original packaging – no exceptions.

<b>BAKED GOODS</b> <i>Cupcakes</i>  <b>*The Bakery Brand mini cupcakes (Walmart brand – must be labeled nut free!),</b> Nutphree's cupcakes	<b>BAKED GOODS</b> <i>Cookies</i>  The Bakery Brand frosted sugar cookies (Walmart), Nutphree's cookies, <b>*Sweet P's brand frosted cookies (must be labeled nut free!)</b>	<b>COOKIES &amp; CRACKERS</b>  Barnum animal crackers Chips Ahoy (original or mini) Enjoy Life brand products, Keebler Fudge Stripe cookies Keebler or Nabisco Nilla Wafers Lofthouse cookies Lorna Doone Shortbread cookies Nabisco Fig Newtons Oreo's (regular or golden) Treasure Mills School Safe products
<b>NABISCO 100-CALORIE PACKS</b>  Chips Ahoy! Thin Crisps, Oreo Thin Crisps, Shortbread Cookie Crisps, Pop Tart Mini Chips	<b>CEREAL BARS</b>  Aldi: liveGfree Baked Chew Bars (Very Berry or Caramel Apple), Cascadian Farms Chocolate Chip or Vanilla Chip granola bars, Enjoy Life Baked Chewy Bars-Sunseed Crunch(Hy-Vee Health Market)	<b>CHIPS</b>  Cape Code Baked Chips, Lays Baked Chips, Pringles 100 Calorie Pack, Ruffles Baked Chips  Veggie Straws (Sensible Portions brand), Utz Cheese Balls (individual packs)
<b>CANDY – CHOCOLATES &amp; CARMELS</b> <i>Limit of one item per student per day</i>  <b>*Hershey's 1.55oz plain chocolate bar</b> <b>*Hershey's Milk Chocolate Kisses (plain)</b> Junior Mints Kraft Caramels Sixlets Tootsie Roll Brand	<b>CANDY - SUCKERS</b> <i>Limit of one item per student per day</i>  Charms Blow Pops Dots Dum Dum Pops Spangler Safe T-Pops Ring Pops Tootsie Roll Brand Yum Earth brand products	<b>CANDY – OTHER</b> <i>Limit of one item per student per day</i>  Air Heads Fun Dip Haribo Gummies Jolly Ranchers Laffy Taffy Lifesavers Mike & Ikes Nerds Skittles Smarties Starburst Fruit Chews Starburst GummiBursts Swedish Fish Sweet Tarts Twizzlers

<b>CANDY – MINTS &amp; GUM</b>	<b>ICE CREAM &amp; FROZEN YOGURT</b>	<b>POPSICLES &amp; OTHER FROZEN SNACKS</b>
Gum Lifesavers Starlight Peppermints Tic Tacs	<i>Individual serving cups</i> Breyers brand: Vanilla and Extra Creamy Vanilla Healthy Choice Frozen Yogurt Yoplait Greek Frozen Yogurt	Popsicle brand popsicles Fruit bars (Dole or Edy's brand) Minute Maid brand: Frozen Orangeade Cups, Frozen Limeade Cups, and Juice Bars Luigi's Italian Ice Cups Luigi's brand Sherbet Cups Great Value Orange Sherbet Tubes (Walmart) Market Pantry Sherbet Push Treats (Target) Fla-Vor-Ice Freezer Pops Fun Pops Fruit Flavored Freeze Pops Budget Saver Twin Pops PhillySwirl brand products
<b>SEASONAL ITEMS</b>	<b>OTHER SWEETS</b>	<b>DRINKS</b>
Bob's Candy Canes, Nestle & Necco Conversation Hearts, Peeps, Spangler Candy Canes & Mints, Spangler Swirl Saf-T-Pops, Starburst Jelly Beans, Sunrise candy corn, TruJoy Candy Canes, Tootsie Caramel Apple Suckers, Oreo's Candy Cane flavor, Pepperidge Farm Gingerbread cookies	Betty Crocker Frosting (except Coconut Pecan) Enjoy Life Chocolate Chips Hershey's Milk Chocolate Baking Chips Marshmallows (Kraft Jet Puffed, Campfire, Shop Rite brands) Parade Cotton Candy	Water

**\*\*HIGH ALERT ITEMS! Hershey's 1.55oz plain chocolate bars, Hershey's Milk Chocolate Kisses (plain), Sweet P's brand frosted cookies (must be labeled nut free), The Bakery brand mini cupcakes (must be labeled nut free/nut free facility)**

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