



IMPORTANT REMINDER FROM MRS. GLYNN

As we start this new school year I'd like to remind everyone that we have a student, Lucas Plamondon in 10th grade, who has a life-threatening food allergy to peanuts, tree nuts, and legumes. Accidental exposure through eating or even touching contaminated surfaces will cause a severe allergic reaction called anaphylaxis. **The entire academic wing of school, St. Mary school bus, and a specific table in the cafeteria are nut free zones.** These are designated areas where students do not eat foods that contain peanut, tree nut, or legume ingredients. Students are encouraged not to bring food to school that contain these allergens, however these foods may be consumed in the cafeteria. Students must wash their hands with soap and water after eating these foods to avoid contaminating surfaces.

Please note that it is extremely important to inform your child to never take food allergies lightly as they can be very serious and life threatening. Please read food ingredient labels and encourage your children to do the same to make sure the product is free of any peanut, tree nut, or legume ingredients.

To assist you and your family in making safe snack/food choices, the Plamondon family has provided a list of peanut/tree nut free food options for you to choose from. Please see peanut free/tree nut free list below. Thank you for your understanding and helping us to keep our students safe.

2023-2024 PEANUT FREE/ TREE NUT FREE SNACK LIST

Please Note: that when choosing a peanut/tree nut free snack, it is important to **ALWAYS check the ingredient label** on the package to make sure it is **free of peanuts and tree nuts of all kinds**. **PLEASE READ THE LABELS** each time you purchase any of these items. This list is subject to change at any time as manufacturers may have changed ingredients, changed their equipment, or their production line since you last purchased an item from this list. Please do not purchase items with the allergy and ingredient alert such as:

"May contain peanut or tree nuts"

"Processed on shared equipment with peanuts or tree nuts"

"Manufactured in a plant with peanut or tree nuts"

"Contains peanut or tree nut ingredients"

Thank you for your consideration and support in keeping the food-allergic children safe from having a life threatening allergic reaction at school. While we know this is an extra step, it is important to request your help due to the seriousness of the consequences.

CRACKERS/SNACK MIXES

- Cheese Nips – Cheddar
- Cheez-it – Original, White Cheddar, Hot & Spicy, Parmesan & Garlic, Cheddar Jack, Baby Swiss
- Cheez-it – Snack Mix Original
- Chex Mix- Traditional, Cheddar
- Goldfish (Pepperidge Farm) – Cheddar, Whole Grain, Pizza, Parmesan, Colors, Pretzel
- Goldfish (Pepperidge Farm) Flavor Blasted – Xtra Cheddar, XPlosive Pizza, Slammin' Sour Cream & Onion
- Goldfish (Pepperidge Farm) 100 calorie pouches – Cheddar, Pretzel

CRACKERS/SNACK MIXES CONTINUED

- Kraft Handi-Snacks Premium Breadsticks n' Cheese Dip
- Kraft Handi-Snacks Mister Salty Pretzels n' Cheese Dip
- Nabisco Chicken in a Biskit – Original
- Ritz – Original
- Triscuit – Original
- Triscuit Minis – Original
- Triscuit Thin Crisps- Original
- Wheat Thins- Original

GRAHAM CRACKERS

- Nabisco Honey Maid – Honey, Cinnamon, Chocolate, Fresh stacks
- Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey chip,

PRETZELS

- Pepperidge Farm Goldfish Pretzels
- Pepperidge Farm 100 Calorie Pouches Goldfish Pretzel
- Kraft Handi-Snacks Mister Salty Pretzels n' Cheese Dip
- Rold Gold – Thins, Sticks, Rods, Tiny Twists, Tiny Twist Cheddar

POPCORN

- Smartfood- White Cheddar, Reduced Fat, Movie Theater Butter
- Skinny Pop Popcorn- Original, White Cheddar, Kettle Corn Sweet & Salty

RICE CAKES

- Quaker Quakes Rice Snacks – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

CORN/TORTILLA/PITA CHIPS

- Doritos – Nacho Cheese, Cool Ranch, Spicy Nacho, Taco Flavor, Spicy Sweet Chili
- Stacy's Pita Chips – Simply Naked
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa
- Tostitos – Original Restaurant Style, Scoops, Crispy Rounds, Multigrain, Bite Size, Hint of Lime

CHEESE SNACKS

- Cheetos – Puffs, Crunchy, Puffs Honey BBQ, Flamin' Hot Crunchy, Baked

POTATO CHIPS

- Baked Ruffles – Original, Cheddar & Sour Cream
- Baked Lay's – Original, Sour Cream & Onion
- Lay's – Classic, Barbecue, Sour Cream & Onion, Cheddar & Sour Cream, Wavy Original, Honey Barbecue, Salt & Vinegar, Lightly Salted, Honey Mustard
- Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Jalapeno, Sea Salt & Cracked Pepper
- Pringles – Original, BBQ, Sour Cream and Onion
- Pringles Snack Packs – Original, 100 calorie snack packs original
- Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream

COOKIES

- Enjoy Life Crunchy Cookies – Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham
- Enjoy Life Soft Baked Cookies- Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, Snickerdoodle
- Lorna Doone – Short Bread Cookies
- Made Good Soft Baked Mini Cookies – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Double Chocolate
- Nabisco – Ginger Snaps
- Newtons- Original Fig, Fat free, Whole Grain, Strawberry, Raspberry
- Oreos – Original, Double Stuff

PEANUT BUTTER ALTERNATIVES AND SPREADS

- SunButter Sunflower Butter – Creamy, Natural Creamy, Natural Crunch
- SunButter On the Go Single cups - Creamy
- WOWBUTTER –Creamy, Crunchy

NUTRITION BARS/CEREAL BARS/GRANOLA BARS/ SEED & FRUIT MIXES

- Enjoy Life Baked Chewy Bars – Caramel apple, Caramel Blondie, Cocoa Loco, SunSeed Crunch
- Enjoy Life Breakfast Oval – Apple Cinnamon, Berry Medley, Chocolate Chip Banana, Maple Fig
- Enjoy Life Protein Bites – Dark Raspberry, Dipped Banana, Sunseed Butter
- Enjoy Life Seed & Fruit Mixes – Beach Bash, Mountain Mambo
- Made Good Granola Bars – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry
- Made Good Granola Minis – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Strawberry
- Nutri Grain Cereal Bars – Blueberry, Strawberry, Apple-Cinnamon, Cherry
- Nabisco Belvita Breakfast Biscuits- Golden Oat, Blueberry, Cinnamon Brown Sugar, Cranberry Orange, Chocolate
- Nabisco Belvita Snack Packs – Blueberry, Chocolate, Cinnamon Brown Sugar

FRUIT SNACKS

- Annie's Organic Bunny Fruit Snacks – Sunny Citrus, Tropical Treat
- Betty Crocker Fruit Roll-ups
- Betty Crocker Fruit By The Foot
- Betty Crocker Fruit Flavored Snacks – Dora The Explorer, Scooby-Doo, Sponge Bob Square Pants, Shark Bites

PUDDING CUPS

- Snackpack – Original Chocolate, Vanilla, Lemon

CUPPED FRUIT/APPLESAUCE

- Dole – Diced Pears in 100% Fruit Juice, Mixed Fruit in 100% Fruit Juice, Diced Peaches in 100% Fruit Juice
- Motts Applesauce Cups – Original , Natural, Cinnamon
- Materne Go-Go Squeez – Apple Strawberry, Apple Banana, Apple Apple, Apple Cinnamon, Apple Mango, Apple Cherry, Apple Berry

CEREALS

- General Mills – Cheerios Original & Multigrain, Chex Corn & Rice, Kix Original, Lucky Charms Original, Cocoa Puffs Original, Golden Grahams
- Kellogg's – Fruit Loops Original, Rice Krispies Original, Shredded Wheat Frosted Original, Frosted Flakes

CANDY

- Charms Blow Pops Bubble Gum - Assorted
- Charms Mini Pops – Assorted
- Charleston Chew - Vanilla
- Dots
- Dum Dum Pops
- LifeSavers Hard Candies
- LifeSavers Gummies
- Jolly Rancher Hard Candy
- Junior Mints – Chocolate Peppermint
- Sour Patch Kids
- Skittles – All Varieties
- Smarties – Original Name Brand...NO GENERIC BRANDS
- Starburst Fruit Chews – All Varieties
- Sugar Babies – Caramel
- Twizzlers – All individually wrapped varieties
- Tootsie Pops – Cherry, Chocolate, Grape, Orange, Raspberry
- Tootsie Rolls – Chocolate and Fruit Flavors
- Whoppers – Original Name Brand...NO GENERIC BRANDS

CHOCOLATE

- Hershey's Chocolate Kisses – Plain Original Chocolate
- Hershey's Chocolate Bars – **1.55oz bars ONLY ...NOTE OTHER SIZES ARE NOT SAFE**
- Enjoy Life Chocolate Bars - Dark Chocolate

YOGURT/STRING CHEESE/CHEESE

- Yoplait GoGurt – Punch, Strawberry Watermelon, Strawberry Splash, Cool Cotton Candy
- Yoplait Original and Light – Peach, Strawberry, Blueberry, Raspberry
- Dannon Danimals Smoothie – Strawberry Explosion, Strikin Strawberry Kiwi, Banana Split
- Dannon Danimals Cups – Strawberry, Strawberry Banana, Peach
- Kraft String Cheese – Mozzarella 2%, Twists 2% Mozzarella & Cheddar Cheese
- Kraft Cheese Cubes – Colby & Monterey Jack, Cheddar & Monterey Jack
- Sargento String Cheese – Mozzarella, Light, Sharp Cheddar-Jack, Colby-Jack