

Franklin Children's School

SAFE SNACK LIST

All snacks must be in the original packaging and clearly labeled. Fruit and vegetables must be whole. All fruit and veggies will be cut by the teachers at FCS to avoid any cross contamination. To ensure the safety of our children we are not able to serve food with packaging that states "processed in a facility with nuts." Due to changing packaging/manufacturing practices this list may be revised.

We will serve 2 foods (from different groups, below) for a yummy, healthy, nut-safe classroom snack!

Group 1: Fabulous Fruits & Veggies

- Any **FRUITS**, such as:
 - bananas
 - apple slices
 - grapes halved
 - pineapple pieces
 - melon pieces
 - peaches
 - blueberries, strawberries, raspberries
 - pears
 - clementines, orange slices
 - kiwi
 - canned fruits (in juice - not syrup)
 - applesauce (no sugar added)
 - raisins, other dried fruits
 - banana chips
 - avocado/guacamole
- Any **VEGETABLES**, such as:
 - carrot sticks
 - celery sticks
 - cucumber slices
 - pickles
 - cherry tomatoes halved
 - red, orange, yellow, green peppers
 - salsa

Group 2: Great Grains

- Wheat pitas (Sahara)
- Wheat or whole grain mini bagels (Thomas')
- Rice cakes (Quaker Oats Plain)
- Whole Wheat crackers (Nabisco's Triscuits)
- Tortilla chips (Multi-Grain Tostitos)
- Cheddar crackers (Pepperidge Farm Goldfish, Annie's Cheddar Bunnies)
- Veggie sticks (Garden Veggie Straws from BJs)
- Pretzels (Bachman, Rold Gold)
- Graham Crackers/ Snacks (Honeymaid, Nabisco, Teddy Grahams, Annies Bunny Grahams)
- Bars: (Nutrigrain bars)
- Fig cookies (Fig Newtons)
- Wheat Thins (Nabisco)
- Ritz cracker
- Pirate's Booty
- Keebler Club crackers

Group 3: Delicious Dairy & Protein

- Sunbutter (not processed in facility with nuts)
- Soynutbutter (not processed in facility with nuts)
- Soynuts (not processed in facility with nuts)
- Yogurt
- Cottage cheese
- Cheese (slices, string cheese, cubes, etc.)

- Nut-free dried fruit and seed trail mix
(Enjoy Life Foods)

- Roasted edamame
- Any beans, bean dips (nut-free)