

PEANUT & NUT-FREE PRODUCTS

2009-10

*This list is meant to serve as a guideline for nutritional snack choices**. If an item desired is not on the list, please send in the product with the ingredient label or list of ingredients attached. Thank you.*

❖ PLEASE KEEP IN MIND THAT COMPANIES MAY CHANGE INGREDIENTS AT ANY TIME. CONTINUE TO READ ALL LABELS.

Chips

- *Frito-Lay:* Baked Cheetos, Baked Doritos, Baked Lays, Ruffles/Lay's Light Potato Chips, Sunchips
- *Pringles:* All flavors Reduced Fat Chips
- *Nabisco* Ritz Chips
- *Stacy's* Pita Chips

Other

- Fresh Fruit
- Yogurt (without nuts)
- Fresh Vegetables

Cookies/Crackers

- *Kraft:* Fat-free Fig Newton, Lorna Doone Shortbreads
- *Nabisco:* Handi-snacks Cheese & Breadsticks or Crackers, Animal Crackers, Graham Crackers & Sticks, Oreo Chocolate Sandwich, Snackwell Devils Food & Vanilla Cream Sandwich, All flavors Teddy Grahams, Wheat Thins
- *Pepperidge Farm* Goldfish Crackers
- *Sunshine* Cheese-Its

NOTE: DeMoulas Market Basket & other Store Brand products may contain traces of peanuts or other nut particles due to manufacturing.

Popcorn

- *Bachman* Lite Popcorn
- *Frito-Lay* Smartfood Reduced Fat White Cheddar Popcorn

IMPORTANT: Due to possible Cross-Contamination, Home-Baked Goods and Bakery Products are NOT Allowed.

Pretzels

- *Bachman* Kidzels & Mini Pretzels
- *Frito-Lay* Rold Gold Tiny Twists

HOLIDAYS & CELEBRATIONS: To ensure safety, the school nurse will approve all food items that are to be shared with all children prior to consumption. Please refer to the school protocol.

Disclaimer: *Wilmington Public Schools does not endorse any of the above products by name or for their nutritional content. Wilmington Public School employees cannot be held responsible for companies that change ingredients or manufacturing without notification or proper labeling. This is based upon the best information available to the Wilmington Public Schools. Every adult is encouraged to independently review the list and make sure of it's accuracy.*

***Resource: John C. Stalker Institute of Food and Nutrition, a partnership of the Mass. Dept. of Education, Nutrition Programs, Food Services, and Framingham State College.*