

Spartan Safe Snack List (nut-free products)

Parents may also order from the Pleasant Valley Food Service at www.pleasval.org

Only items on this list will be accepted in the classroom, Please limit to one treat per student

Food must be store bought in specific brand names and come in original packaging (not homemade)

Please provide utensils and napkins as needed.

1. **Fruits and vegetables:** examples- apples, oranges, bananas, fruit cups, applesauce, carrots, cucumbers, raisins, craisins
2. **Dairy/cheese:** String or cubed cheese, yogurt, Gogurt, Jell-o or Snack Pack pudding cups
3. **Crackers:** Ritz, Pepperidge Farm Goldfish, Wheat thins, Sunshine Cheez-its or Nabisco Nips, Townhouse, Nabisco or Keebler graham crackers, Cheez-it and Munchies Party Mix, Nabisco Air Crisps, Kraft Handi-snacks: pretzels with cheese & breadsticks with cheese, Barnum animal crackers
4. **Cereal/Cereal Bar:** General Mills wheat, rice, or corn chex, Golden Grahams, Plain cheerios, Cinnamon toast crunch, Kix, Trix, Lucky Charms, Quaker Oatmeal Squares, Post Alpha Bits, Kellogg's Fruit Loops, Kellogg's Nutri-Grain cereal bars-apple, blueberry, strawberry, cherry, Kellogg's plain rice krispie treats
5. **Frozen snacks:** Popsicles, Dole, Edy's & Breyers fruit bars, Healthy Choice or Yoplait Greek Frozen yogurt, Minute maid juice bars, orangeade, limeade cups, Luigi's or Marino's Italian ice cups, Sherbet cups, Swiss Miss Fudge bars, Philly Swirl frozen treats, vanilla ice cream (Breyers, Blue Bunny, Hy-Vee), Hy-Vee birthday bash ice cream cups, Hershey's chocolate and caramel syrup, Reddi-wip whipped topping
6. **Fruit snacks:** Welch's, GM, Kellogg's, Betty Crocker, Annie's organic, Cliff Kid organic
7. **Chips:** Pringles, Frito lay brand: Cheetos, Doritos, Sunchips, Potato Chips, Ruffles, Tostitos, Rold Gold or Kitchen cooked pretzels, Pirate booty, Chester popcorn, Kitchen Cooked popcorn, Skinny Pop popcorn, Pringles Stix, Utz chips, Utz pretzels, and Utz cheese balls
8. **Baked goods:** Nutphrees cupcakes, Sweet P's brand frosted cookies, Lofthouse cookies (labeled nut free), Treasure Mills School Safe products, The Bakery brand Mini Cupcakes (Walmart), Hostess twinkies and cupcakes, Skeeter brand, Enjoy Life brand, Oreos-regular or golden, original or mini Chips Ahoy, Keebler mini fudge stripes, Pepperidge Farm ginger bread cookies, Keebler vanilla wafers, Nabisco 100 cal packs: oreo thin crisps, shortbread crisps, chips ahoy thin crisps, Pop tart crisps
9. **Candy:** Starburst, Skittles, Original Swedish fish, Tootsie roll brand, Life Savers, Airheads, Twizzlers, Nerds & Nerds Rope, Pop rocks, Rolos, Junior mints, Ring pops, Laffy Taffy, Sweet Tarts, Smarties, Pixie stix, Runts, Mike and Ikes, Dum Dum suckers, Jolly Ranchers, Trolli & Haribo gummies, DOTS brand, , Spangler saf-t-pops, Fun dip, original whoppers, Hershey's milk chocolate kisses, Hershey plain chocolate bars (1.5 ounce only), Hershey chocolate chips, Sour patch kids, Charms lollipops, Gum
10. **Drinks:** water, low fat or skim milk, juice boxes
11. **Seasonal:** Wonka, Nestle, & Necco conversation hearts, Starburst jelly beans, Oreos-candy corn flavor, Sunrise or Blueberry Hill candy corn, Tootsie caramel apple suckers, Spangler candy canes (Jelly Belly, DumDums, Smarties, Sweet Nature), Bob's candy canes and sweet stripes, TruJoy candy canes (Hy-Vee)

Please always check labels as ingredients can change

*** Items may NOT contain nuts or be made in a facility that uses shared equipment***

PVCSD does not promote certain brand names nor does it consider all items on this list to be healthy.

Expires 12/31/2016