

## All Saints Catholic Academy's Peanut/Tree Nut Free Approved 2018-19 Snack List

We ask that your choices for snacks provide nutrition and energy wherever possible. No peanuts/tree nuts or foods containing peanuts/tree nuts are to be sent to school because of life-threatening food allergies.

*The Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004 requires food manufacturers to label food products that contain an ingredient that is or contains protein from a major food allergen in one of two ways.*

*The first option for food manufacturers is to include the name of the food source in parenthesis following the common or usual name of the major food allergen in the list of ingredients in instances when the name of the food source of the major allergen does not appear elsewhere in the ingredient statement.*

*The second option is to place the word "Contains" followed by the name of the food source from which the major food allergen is derived, immediately after or adjacent to the list of ingredients, in type size that is no smaller than the type size used for the list of ingredients.*

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 bar (71g)	<b>Total Fat</b> 18g	<b>28%</b>	Monounsat. Fat 12g		<b>Total Carb.</b> 27g	<b>9%</b>
<b>Calories</b> 330	Sat. Fat 3g	<b>15%</b>	<b>Cholesterol</b> 15mg	<b>5%</b>	Fiber 4g	<b>16%</b>
Calories from Fat 160	Trans Fat 0g		<b>Sodium</b> 55mg	<b>2%</b>	Sugars 19g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Polyunsat. Fat 2.5g		<b>Potassium</b> 470mg	<b>13%</b>	<b>Protein</b> 16g	<b>18%</b>
Vitamin A 2% • Vitamin C 2% • Calcium 15% • Iron 6% • Vitamin E 25% • Thiamin 8% • Riboflavin 15% • Niacin 35% Vitamin B6 10% • Vitamin B12 6% • Pantothenic Acid 8% • Phosphorus 25% • Magnesium 20% • Copper 15%						
<b>INGREDIENTS:</b> Organic Peanut Butter, Organic Honey, Organic Nonfat Dry Milk, Organic Raisins, Organic Walnuts, Organic Dried Whole Egg Powder, Organic Rice Protein, Organic Flax Seed Oil, Organic Sunflower Seed Oil, Organic Sesame Seed Oil, Organic Olive Oil, Organic Pumpkin Seed Oil, Dried Whole Food Powders (Organic Kale, Organic Flax Seed, Organic Rose Hip, Organic Orange, Organic Lemon, Organic Papaya, Organic Tomato, Organic Apple, Organic Alfalfa, Organic Celery, Organic Kelp, Organic Dulse, Organic Carrot, Organic Spinach). <b>ALLERGEN WARNING: CONTAINS EGGS, MILK, PEANUTS, AND WALNUTS. PRODUCED ON EQUIPMENT ALSO HANDLING ALMONDS AND OTHER TREE NUTS. MAY CONTAIN OCCASIONAL NUT SHELLS.</b>						

IMAGE SOURCE: <http://perfectbar.com/wp-content/uploads/2014/01/Fruit-and-Nut-Label.png>

*Cross-contact is the inadvertent introduction of an allergen into a product. It is generally the result of environmental exposure during processing or handling, which may occur when multiple foods are produced in the same facility. It may occur due to use of the same processing line, through the mis use of rework, as the result of ineffective cleaning, or from the generation of dust or aerosols containing an allergen.*

Please do not purchase items for snacks at school that have 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”

**NO EXCEPTIONS PLEASE**

**The approved snack list follows**

<b>INGREDIENTS:</b> ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B <sub>3</sub> [THIAMIN MONONITRATE], VITAMIN B <sub>6</sub> [RIBOFLAVIN], FOLIC ACID), SEMISWEET CHOCOLATE (CHOCOLATE, SUGAR, DEXTROSE, SOY LECITHIN, ARTIFICIAL FLAVOR), SOYBEAN AND PALM OIL, SUGAR, CONTAINS 2% OR LESS OF HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, MOLASSES, SALT, EGGS, BAKING SODA, ARTIFICIAL FLAVOR, WHEY PROTEIN CONCENTRATE.
<b>CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN PEANUTS AND TREE NUTS.</b>

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## FRUIT JUICES (drinks)

BRAND	PRODUCT
Apple & Eve. Minute Maid. Juicv Juice, Welch's Back to Nature (Juice)	100% Juice; Fruitables Juice; Organic Quenchers
Capri Sun	100% Juice; Super V; Roaring' Waters

## FRUITS & VEGETABLES (Pouches and Leathers)

Whole or cut (may be in your own plastic bag)

BRAND	PRODUCT
Annie's Homegrown. Meier. Sunkist, Welch's Betty Crocker	Fruit snacks
Clif	Fruit by the roll, Fruit roll-ups, Fruit flavored snacks; Dora, Scooby-Doo
Clif	Kid ZFruit, Kid ZFruit + Veggie
DelMonte	Fruit & Veggie Fusions, Fruit Burst® Squeezers, Fruit Cup® Snacks
Dole	Raisins
Dole Fruitocracy	Squeezable Fruit Pouches; Apple, Apple Banana, Apple Cherry, Apple Mixed Berry, Apple Pineapple, Apple Strawberry
Fruit Me Up!	Fruit Pouches, Boost, Naturally Better, Organic
GoGo	Yogurt mashups, Shredz, Yo'Drops, Crushers
Mott's	Applesauce, Snack & Go Pouches, Fruity Rolls
Ocean Spray	Craisins; Original, Pomegranate, Blueberry, Cherry
Organics	Dried banana chips, dried cranberries
Plum	Organic Mashups Pouches, Kid's Fruit and Veggie Shredz
Pumpkin Tree	Organic Oat Crush, Peter Rabbit Organics Fruit Snacks, Peter Rabbit Organics Veggie Snacks
Sprout	Fruit &/or Vegetable Squeezable Snacks; Rise Morning Smoothies <i>(NOT Tropical Mango)</i> , Organic Smash
Sun-Maid, Dole, Earthbound Organic, Eden Organics, Made in Nature, Organic 'Just'	Banana chips, Blueberries, Cherries, Dates, Dried Fruit, Fruit Snacks, Mango, Pineapple, Raisins, Tropical fruits, Veggie Snacks
<i>(NOT Sun-Maid Yogurt covered Raisins, or Welch's dried fruit)</i>	<i>(NOT general fruit chips from other countries as they are often packaged in facilities with tree nuts)</i>
Trader Joe's	Organic Fruit Sauce Crushers, Fruit leathers, freeze dried fruits, and fruit flakes

*The Dried Fruits information provided pertains only to products distributed in the U.S.*

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## FRUIT/GRANOLA SNACK BARS

BRAND	PRODUCT
Enjoy Life	Chewy Bars; Sun-butter Crunch, Caramel Apple, Cocoa Loco, Very Berry
Kashi	Soft-baked Cereal Bars; Ripe Strawberry, Blackberry Graham, Cherry Vanilla
Kellogg's	Nutri-Grain Fruit Breakfast Bars; Yogurt bars; Special-K Cereal Bars; Strawberry, Blueberry, Peaches & Berries, Vanilla Crisp, Chocolatey Drizzle <i>(NOT Fruit Crunch bars)</i>
Nabisco	Belvita Breakfast Bars; Golden Oat, Apple Cinnamon, Mixed Berry, Blueberry, Chocolate, Cinnamon Brown Sugar, Cranberry Orange
Quaker	Snack'ems - Oatmeal Squares; Cinnamon, Brown Sugar; Life Apple Cinnamon Crunchtime
Trader Joe's	Fruit Bars

## YOGURTS, PUDDINGS & GELATINS

BRAND	PRODUCT
Yogurt	Cups, tubes, yogurt smoothies, drinkables <i>PLEASE Avoid those containing nuts</i>
<b>Puddings:</b> Hunts; Jello; Kraft; KozyShack	Pudding in cups, cans, or tubes
Jello	Cups <i>(or make own)</i>

## CHEESES, DRIED MEATS

BRAND	PRODUCT
Cheeses	Slices or Chunked cheese, string cheese <i>(May be in your own plastic bag)</i>
Con-Agra Foods	Slim Jim: Snack Sticks; Beef & Cheese Sticks

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## CRACKERS

BRAND	PRODUCT
Back to Nature	Crispy Cheddar Crackers, Honey Graham Sticks, Crispy Wheat Crackers
General Mills	Annie's Homegrown; Cheddar Bunnies, Bunny Graham Friends, Honey Bunny Grahams, Honey Graham, Cinnamon Graham, Organic Traditional Snack Mix Bunnies
Honey Maid	Graham Crackers
Horizon	Snack crackers
Kashi	Tasty Little Crackers (TLC)
Keebler	Club crackers; Graham Snacks; Snack Stix; Toasteds; Townhouse; Pita, Focaccia, Wheat, Low-Fat, Original Butter; Wheatables
Kellogg's	Cheez-it crackers; Special-K Multigrain crackers (Parmesan Sesame, Sea Salt original)
Kraft	Handi-Snacks: Breadsticks & Cheese; Crackers & Cheese
Luke's Organic	Crackers (All Flavors)
Nabisco	Better Cheddars; Cheese Nips; Good Thins (Potato, Rice**, Corn**); Honey Maid graham crackers and sticks; Premium Soup & Oyster, Premium Saltines (Original); Ritz crackers ( <i>NOT Ritz Bits</i> ); Sociables; Teddy Grahams; Triscuit (All flavors); Vegetable Thins (All flavors); Wheat Thins (Original and Fiber Select) <i>**Nut-free, gluten-free</i>
Pepperidge Farm	Cheese Crisps; Cracker Chips; Cracker Trio; Distinctive Crackers; Goldfish Crackers; Golden Butter; Harvest Wheat
Signature Kitchens (Jewel)	Graham Crackers
Stoned Wheat Thins	Original, Lower Sodium, Mini
Sunshine Brand	Cheez-it crackers
Van's Natural Foods	Gluten Free Crackers (All Flavors)

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## CHIPS/PRETZELS/POPCORN

BRAND	PRODUCT
Cape Cod, Kettle Brand, Pringles	Baked and Potato Chips
Enjoy Life, Saffron Road	Lentil Chips
Frito Lav brand	Cheetos, Doritos, Fritos Corn Chips and Scoops, Puffs, Sun Chips, Tostito's chips and dipping rolls (All flavors)
General Mills	Bugles ( <i>Not Chocolate Peanut Butter</i> ), Snack Stix
Kellogg's	Special K Popcorn Chips; Kettle Corn, White Cheddar, BBQ
	Pringles, Jays, and Ruffles brand potato chips
Lay's Potato Chips	Baked and regular Lays Potato Crisps, Ruffles (not chocolate covered chips)
Luke's Organic	Clouds, and Potato Chips (All Flavors)
Maya Kaimal	Chickpea Chips**, and Naan Chips (All Flavors) <i>**Nut-free, gluten-free</i>
Miltons Craft Bakers	Gluten Free Baked Chips
Natural Intentions	The Daily Crave; Veggie Chips, Veggie Sticks, Lentil Chips Himalayan Pink Salt, Lentil Chips Tomato Basil, Lentil Chips Aged White Cheddar, Lentil Chips Spicy Sriracha, Smoked Gouda Lentil Chips
Popchips	Pop chips
Pepperidge Farm	Goldfish Pretzels
Popcorn <i>(Please Read the Label if Flavored)</i>	Act II, Healthy Choice, Jolly Time, Orville Redenbacher, Pirate's Booty, Pelican Bay, Pop Secret, Skinny Pop, Smartfood, Utz, Vics
Pringles®	Favorites, Tortillas, Multigran, Lighter Side, On the Go, Stix
Quaker	Popped Rice Crisps and rice cakes
Rold Gold (Frito Lay)	Regular Pretzels ONLY <i>(not pretzel dippers and not dipped pretzels)</i>
Snack Factory	Pretzel Crisps (Original)
Snyder's of Hanover	Krunchers (All Flavors), Pretzel Minis, Pretzel Sticks, Pretzel Snaps and Pretzel Rods
Wise brand	Natural potato chips, cheese doodles, popcorn

*Frito-Lay products that contain peanuts, or are processed on equipment that makes products containing peanuts will always contain an allergy information statement. This statement can be found under the ingredient information on the package, or in the case of small packages of crackers, on the side of the back information panel.*

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## PURCHASED BAKED GOODS

BRAND	PRODUCT
<b>NO Famous Amos cookies</b>	
Dare	Breaktime; Chocolate Chip, Oatmeal, Ginger; Whippet and Whippet Sticks
Entenmann's	Mini Bites Muffins ( <i>no nut varieties</i> ); Brownies; Glazed Doughnut Holes; Mini Donuts ( <i>no nuts</i> ); Little Bites Crème Filled ( <i>chocolate or golden</i> )
General Mills	Annie's brand snack mix, grahams Pillsbury;
Hostess	Twinkies, Cup Cakes, Ho Ho's, Ding Dongs, Honey Bun, Greek Yogurt Cakes; Strawberry Swirl, Chocolate Swirl
Kellogg's	Gripz® Chips Deluxe®/Cheez-It®/Grahams Snack Variety Pack; Pop-Tarts; Rice Crispy treats ( <i>original only</i> )
Keebler®	<b>COOKIES</b> ; Animal Cookies ( <i>NOT Animal Crackers</i> ) both Iced and Frosted, Bug Bites, Deluxe Grahams, E.L. Fudge® Original and Double Stuffed, Fudge Stripes™, Mini Fudge Stripes™, Fudge Shoppe, Grasshopper, Scooby Snacks, Vanilla Wafers and Vanilla Wafer minis, Vienna Fingers®
KraftHeinz	Jet Puffed Marshmallows
Nabisco	<b>Barnum's Animal Crackers</b> ; Oatmeal and Iced cookies; <b>BelVita</b> ( <i>NOT Soft Baked Oats &amp; Chocolate</i> ), <b>Biscos Sugar Waffers</b> ; <b>Chips-Ahoy</b> ; Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini ( <i>NOT NutterButter or Resse's flavors</i> ), Handi-Snacks Oreo Cookie Sticks 'n Creme; <b>Ginger Snaps</b> ; <b>Lorna Doone Shortbread Cookies</b> ; <b>Nilla-Wafers</b> and Nilla-Wafers-Mini; <b>Newtons</b> Minis and Newtons; Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry; <b>Oreos</b> ; ( <i>NOT Oreo Cakesters</i> ) Original, Double Stuffed, Golden, Minis
Pepperidge Farms®	<b>COOKIES</b> ; Sweet & Simple; Chessmen, Milano®, Gingerman, Lemon, Shortbread, Sugar; Goldfish® Crackers & Snacks
Sam's Club ( <i>near the Bakery</i> )	Duchess Honey Buns; Pillsbury Brownies Twin Pack
Sara Lee	Brownie Chocolate Chip Cakes, Chocolate Crème Cupcakes, Golden Fudge Cakes, Devil's Food Crème Cakes
Thomas'	Bagels, Bagel Thins, Mini-Bagels ( <i>Read labels for all due to seasonality of products</i> )

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