

## Seton Approved Peanut Free Snack List 21/22

To ensure the safety of every student a peanut free snack list has been developed and reviewed by health professionals. This list should be used when parents provide food items for celebrations or snacks to share with class. Also, **homemade treats are no longer allowed to be shared** due to the continued threat of COVID-19 to our unvaccinated students.

**Treats brought to school that are not on this list will be refused or sent home uneaten with the child at the end of the day. Due to the continued threat of COVID-19 to our unvaccinated students all treats to be shared must also be individually wrapped.**

Fresh Fruits/ Vegetables in individual packets	Raisons/Cran-raisons
Fruit/Applesauce cups	String Cheese
Fig Newton's	Fruit Rollups
Fruit by the Foot	Gushers
Sunkist Fruit Snacks	Oreos Bite-Size
Nabisco Vanilla Wafers	Animal Crackers
Rice Krispy treats (store bought)	Goldfish
Cheez-its	Rold Gold Pretzels
Any flavor Pringles	Fritos/Doritos/Ruffles

**Popcorn – some types are popped in soy or peanut oil, which can cause a reaction. Please read labels!**

Trinkets instead of food items are preferred. Please keep candy to a minimum.

### **Candy Suggested:**

Tootsie Rolls	Lifesavers	Dots	Starbursts
Skittles	Smarties	Ring Pops	Laffy-Taffy

## Peanut and Tree Nut Free Lunch Options ... Just a few ideas 😊

- 1) Jelly and cream cheese sandwich
- 2) Turkey, Ham or your favorite cold cut with matchstick veggies wrapped in a soft tortilla shell or mini pita pocket, add hummus for additional flavor
- 3) Fajita chicken (cut into small piece), cooked veggies, and cheese, melted in a soft tortilla shell
- 4) Oatmeal, waffles or pancakes (most kids are fine with these at room temp)
- 5) Pizza – leftovers from the night before (cold pizza is good 😊)
- 6) Mini pita pockets stuffed with tuna, turkey, or egg salad
- 7) Mix tuna with cottage cheese and mayonnaise for a little more protein, calcium punch
- 8) Add avocado slice to any sandwich to add a little more protein
- 9) Sloppy Joe, send a spoon, with crackers or bread
- 10) Bean Burritos
- 11) Taco Salad fixings wrapped up in a soft tortilla shell
- 12) Smoothie – mix yogurt, fruits and juice/milk in a blender and put it in a thermos
- 13) Mini bagel pizza – take a mini bagel, sauce, and a slice of cheese – pop in microwave and then wrap in foil
- 14) Pasta salad (use a fun shaped pasta) – either heat with traditional sauce and put in a thermos, or make it cold with bite size pieces of your favorite meat, veggies and cheese and Italian dressing (good way to sneak veggies in)
- 15) Soup and crackers– another chance to sneak in veggies
- 16) Meatloaf sandwich
- 17) BLT – put it in a wrap to keep everything together
- 18) Mac N Cheese
- 19) Hot dogs or hamburgers in wide mouth thermos to keep hot, add roll later
- 20) Fruit, yogurt and string cheese
- 21) String cheese, pepperoni and crackers
- 22) Your kids favorite cereal or breakfast bar plus some fruit
- 23) Last night's dinner, heated and put in a thermos
- 24) Ask your child what peanut/tree nut free option they would like
- 25) Sun Butter (sunflower butter) or Soynut Butter – alternatives to peanut butter available at Wegmans Natures Marketplace

### Other tips:

- For easier spreading, freeze breads first, and then make your sandwiches. This can also help keep foods chilled and it will be thawed in time for lunch.
- A wide mouthed thermos can keep things hot as well as cold, which opens up a host of lunchtime possibilities. Just fill with piping hot food and seal. It will stay hot until lunchtime
- Use mini bagel, mini pitas, tortilla wraps as alternate bread options