

Parkville School
Health Office
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Dear Parents,

The safety of our children is our first priority. There are children at Parkville who have severe life threatening allergies. Therefore, our goal is to provide a safe environment. We encourage fruits and vegetables for daily snack. You may also choose a snack from the approved list found below or on our website. Your teacher will provide selections from the approved list for celebrations. Unsafe snacks will be sent home –no exceptions. No food is permitted on the bus. Please discuss the importance of food allergies with your child and discourage the sharing of food. Manufacturer's ingredients can change. **ALWAYS check ingredient list on packaging before purchasing items. All food should be nut-free and made in a nut free environment.**

- Fruits
- Vegetables
- Pepperidge Farm Original Goldfish (plain)
- Annie's Cheddar Bunnies and Cheddar Squares
- Annie's Bunny Grahams
- Annie's Fruit Snacks
- Teddy Grahams
- Nabisco Graham Crackers
- Shop Rite Graham Crackers
- General Mills Original Cheerios (plain)
- All Pirate Booty Brand Snacks
- Lay's Classic Potato Chips (plain)
- Utz Plain Ripple or Wavy Potato chips
- Ruffles Potato Chips
- Abby's Chocolate Chip Cookies
- Chips Ahoy Cookies (plain)
- Oreo Cookies (plain)
- Cheese Sticks
- Ritz crackers (plain)
- Stacy's Pita Chips (Naked and Cinnamon Sugar)
- Bachmann's Pretzels (plain)
- Herr's extra thin, mini or pretzel rods
- Natures Promise Vegetable Sticks
- Good Health Natural Foods Veggie Chips and Stix
- Natures Promise Fruit Twists
- Apple Sauce
- Yogurt (No toppings)
- Pop Corners (Popped Corn Chips) Sea Salt flavor only
- All Made Good Products
- All Enjoy Life Products
- All School Safe Products

Please cut carrots and grapes into small pieces. They are a choking hazard.

DON'TS

- Due to the risk of cross contamination, baked goods that come from bakeries including Costco, BJ's and supermarket bakeries are **NOT allowed**, regardless of the ingredient list.
- Baked goods made in your own home are **NOT permitted**
- Dunkin Donut products are **NOT permitted**
- Any baked goods or snacks made in another country are **NOT permitted**
- Carvel cakes are **NOT permitted**
- Entenmanns Baked goods are **NOT permitted**, regardless of ingredient list

Thank you for your cooperation in this matter.
Elizabeth Gebert, RN