

John F. Kennedy Catholic School

Safe Snack List 2024-2025

Updated 10/2024

Only items on this list will be allowed in the classroom. Items on the top section are approved as snacks and may also be shared in classrooms for birthdays, celebrations, or as an occasional treat from the teacher. Items on the bottom section may only be shared in classrooms for birthdays, celebrations, or as an occasional treat from the teacher. If a snack is brought in and is not on this list, it will be sent home. Food must be store bought, brand specific as identified, and in the original packaging with ingredients clearly listed. Homemade treats are not allowed. Not all items on this list are considered healthy. The homeroom teachers reserve the right to make exceptions to the list based on allergies that might be in their classroom.

| Fruit | Peanut/Tree Nut | Gluten Free | Dairy Free |
|---|------------------------|--------------------|-------------------|
| Fresh, cups, squeezable, 100% fruit juice | X | X | X |
| Ocean Spray Craisins dried Cranberries | X | X | X |
| SunMaid California Organic Raisins | X | X | X |
| GOGO Squeez Applesauce pouches-All Flavors | X | X | X |
| Motts Applesauce-All Flavors | X | X | X |
| Vegetables | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Fresh | X | X | X |
| Chips | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Baked Ruffles: Original, Cheddar & Sour Cream | X | X | |
| Baked Lays: Original, Sour Cream & Onion | X | X | |
| Sun Chips: Original | X | | X |
| Sun Chips: Harvest Cheddar, Garden Salsa, French Onion | X | | |
| Popchips: Sour Cream & Onion | X | X | |
| Popchips: Sea Salt, BBQ | X | X | X |
| Pringles Original Potato Crisps Cans (1.3 oz) | X | | X |
| Garden Veggie Straws by Sensible Portions: Cheddar Cheese, Sour Cream and Onion, Zesty Ranch | X | X | |
| Garden Veggie Straws by Sensible Portions: Sea Salt, BBQ, Cinnamon Apple | X | X | X |
| Tostitos: Restaurant Style, Scoops, oven baked scooped, crispy rounds, multigrain scoops, bite-size | X | | X |
| Popcorn | Peanut/Tree Nut | Gluten Free | Dairy Free |
| SkinnyPop Popcorn: Original, Naturally Sweet | X | X | X |
| Vic's Popcorn: Gourmet White, original and lite | X | X | |
| Pretzels | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Utz: Original extra thin, sourdough, sticks | X | | X |
| Utz: Honey Wheat (produced on shared equip w/ products that contain milk) | X | | |
| Rold Gold: Thin Pretzels, Pretzel Sticks, Pretzel Rods, Tiny Twists | X | | X |
| Snyder's of Hanover: Mini Pretzels | X | | X |
| Crackers | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Pepperidge Farms Goldfish: Pretzels, Cheddar, Baby Cheddar Whole Grain, | X | | |
| Annie's Crackers & Bunnies: All Flavors | X | | |
| Annie's Graham Crackers: Honey, Cinnamon | X | | |
| Nabisco Triscuit Original, Reduced Fat | X | | X |
| Nabisco Wheat Thins: Original, Reduced Fat, 100% Whole Grain | X | | X |
| Nabisco Grahams Original, Chocolate | X | | X |
| Nabisco Honey Maid Grahams: Honey, Low Fat, Cinnamon, Low Fat | X | | |
| Nabisco Teddy Grahams: Honey, Cinnamon, Chocolate, Chocolate Chip, Mini | X | | |

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|---|------------------------|--------------------|-------------------|
| Keebler Scooby-Doo Grahams: Honey, Cinnamon | X | | X |
| Kellogg Cheez-It Snap'd Double Cheese Cheesy Baked Snacks Pouches (0.75 | X | | |
| Granola & Granola Bars | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Nutri Grain soft baked breakfast bars - All varieties | X | | |
| Nature's Bakery - Fig bars, Baked Ins, Crumble bars, Brownie bars | X | | X |
| Annie's granola bars - chocolate chip, oatmeal raisin | X | X | |
| Enjoy Life Products – All varieties | X | X | X |
| Made Good Products – All varieties | X | X | X |
| Fruit Snacks | Peanut/Tree Nut | Gluten Free | Dairy Free |
| Betty Crocker – All Varieties | X | X | X |
| Kellogg's – All Varieties | X | X | X |
| Betty Crocker Fruit By The Foot, Fruit Roll-Ups | X | X | X |
| Annie's Homegrown Organic Fruit Snacks/peel apart/fruit tape | X | X | X |
| Gushers - strawberry splash and tropical | X | X | X |
| Welch's | X | X | X |

Birthdays/Celebrations, Occasional Treat from Teacher

The following items are only allowed for birthdays/class celebrations, or a teacher may use as an occasional class prize/reward. Consideration of non-food items (stickers, pencils, erasers, etc.) should always be made.

| Frozen Treats | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
|---|-----------------------------|--------------------|-------------------|
| Nestle Outshine Fruit Bars All fruit flavors | X | X | X |
| Minute Maid Juice Bars | X | X | X |
| Johnny Pops | X | X | |
| North Star Chocolate Sundae Cups | X | | |
| Breyers Ice Cream - Vanilla & Chocolate | X | X | |
| Crav'n Ice Cream Cups - Birthday Celebration (12 pk) | X | X | |
| Fla-Vor-Ice Assorted Freezer Pops | x | x | x |
| Cookies & Baked Goods | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
| Enjoy Life Cookies All varieties | X | X | X |
| Lofthouse Cookies All varieties | X | | |
| The Bakery (Walmart Brand) Frosted sugar cookies | X | | |
| Kirkland Mini Thin & Crispy Chocolate Chip Cookies | X | | |
| Sweet P's Frosted Cookies | X | | |
| Sweet P's Cupcakes: Chocolate and Vanilla | X | | |
| Nutphrees Cookies: All varieties | X | | |
| Nutphrees Cupcakes All varieties | X | | |
| Skeeter Nut Free Cookies All varieties | X | | |
| Barnum's Animal Crackers Original | X | | X |
| Annie's chocolate chip cookies | X | | |
| Oreos - Original, Golden Oreo, Double Stuff, Cookie Sticks 'N Creme Dip | X | | X |
| Chips Ahoy! Original, Chewy, Chunky, Crunchy, minis | X | | |
| Best Choice Bakery Chocolate & Vanilla Mini Assorted Cupcakes | X | | |
| Rice Krispie Treats Original | X | | |
| Made Good Products - All Varieties | X | X | X |

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|---|-----------------------------|--------------------|-------------------|
| Favorite Day bakery chocolate and vanilla mini cupcakes (Target Brand) | X | | |
| The Bakery (Walmart Brand) Mini cupcakes only | X | | |
| Open Acres Mini Vanilla and Mini Chocolate Cupcakes | | | |
| Hostess Brand Ding-Dongs, Cupcakes | X | | |
| Candy | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
| Bee Brand Candy Bracelets | X | X | X |
| Tootsie Pops, Pop Drops, Pop Minis | X | X | |
| Dum Dum Pops | X | X | X |
| Caramel Apple Pops | X | X | |
| Ring Pops | X | X | X |
| Life Savers Hard Candies, Gummies | X | X | X |
| Haribo Gummies | X | | X |
| Jolly Ranchers Hard Candy | X | X | X |
| Candy Canes - Spangler - All Varieties | X | X | X |
| Airheads, Airheads Bites | X | X | X |
| Airheads Extremes | X | | X |
| Swedish Fish | X | X | X |
| Skittles – All Varieties | X | X | X |
| Smarties | X | X | X |
| Sour Patch Kids | X | X | X |
| Starburst Fruit Chews – All Varieties | X | X | X |
| Twizzlers | X | | X |
| Cheese | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
| All varieties | X | X | |
| Yogurt | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
| Danon Danimals, Greek Yogurt Cups | X | X | |
| Yoplait Go-Gurt, Trix Yogurt Cups | X | X | |
| Miscellaneous Items | Peanut/Tree Nut Free | Gluten Free | Dairy Free |
| Marshmallows - Kraft, Hy-Vee, Baker's Corner, Campfire, Good and Gather | X | X | X |
| Snack Pack Pudding - Vanilla, Chocolate | X | X | |
| Snack Pack Juicy Gels - Blue Raspberry, Redberry, Orange, Lemon-Lime | X | X | X |
| Kraft Grab n' Snack Pudding Cups - Vanilla, Chocolate | X | X | |
| Swiss Miss Hot Cocoa Envelopes - Milk Chocolate, Milk Chocolate with Marshmallows | X | X | |
| Beverage: as long as they are non-carbonated and non-caffeinated | X | X | |

IMPORTANT: Due to continual changes in manufacturer packaging, please read the ingredient label of all snacks, including those on this list, to ensure that it does not contain any of the following: peanut/tree nuts, peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "contains peanuts," "may contain traces of peanuts/nuts," or "manufactured in a facility or on equipment that also processes peanuts (and/or other nuts)."

*JFK reserves the right to add or remove products as necessary to ensure the safety of our students.