

John F. Kennedy Catholic School

Safe Snack List 2025-2026

Updated 1/2026

Only items on this list will be allowed in the classrooms and halls of JFK. 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	Egg Free
Fresh, cups, squeezable, 100% fruit juice	X	X	X	X
Ocean Spray Craisins dried Cranberries	X	X	X	X
SunMaid California Organic Raisins	X	X	X	X
GOGO Squeez Applesauce pouches-All Flavors	X	X	X	X
Motts Applesauce-All Flavors	X	X	X	X
Vegetables	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Fresh	X	X	X	X
Chips	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Baked Ruffles: Original, Cheddar & Sour Cream	X	X		X
Baked Lays: Original, Sour Cream & Onion	X	X		X
Sun Chips: Original	X		X	X
Sun Chips: Harvest Cheddar, Garden Salsa, French Onion	X			X
Popchips: Sour Cream & Onion	X	X		X
Popchips: Sea Salt, BBQ	X	X	X	X
Pringles Original Potato Crisps Cans (1.3 oz)	X		X	X
Garden Veggie Straws by Sensible Portions: Cheddar Cheese, Sour Cream and Onion, Zesty Ranch	X	X		X
Garden Veggie Straws by Sensible Portions: Sea Salt, BBQ, Cinnamon Apple	X	X	X	X
Mission Tortilla Chips	X	X		X
Popcorners	X	X	X	X
Pirate's Booty Aged White Cheddar	X			X
Good Crisp Chips	X	X		X
Tostitos: Restaurant Style, Scoops, oven baked scooped, crispy rounds, multigrain scoops, bite-size	X		X	X
Popcorn	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Skinnypop Popcorn: Original, Naturally Sweet	X	X	X	X
Vic's Popcorn: Gourmet White, original and lite	X	X		X
Pretzels	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Utz: Original extra thin, sourdough, sticks	X		X	X
Utz: Honey Wheat (produced on shared equip w/ products that contain milk)	X			X
Fit Joy Sea Salt Pretzels	X	X	X	X
Snyder's of Hanover: Mini Pretzels	X		X	X
Crackers	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Pepperidge Farms Goldfish: Pretzels, Cheddar, Baby Cheddar Whole Grain,	X			X
ZeeZee Crackers	X		X	X
Annie's Crackers & Bunnies: All Flavors	X			X
Blue Berry Lemon Crackers Darlington	X		X	X
Annie's Graham Crackers: Honey, Cinnamon	X			X
Benton's Mini Bear Grahams	X			
Benton's School Friendly Snack Packs	X			
Nabisco Triscuit Original, Reduced Fat	X		X	X
Nabisco Wheat Thins: Original, Reduced Fat, 100% Whole Grain	X		X	X
Nabisco Grahams Original, Chocolate	X		X	X
Nabisco Honey Maid Grahams: Honey, Low Fat, Cinnamon, Low Fat	X			X

Nabisco Teddy Grahams: Honey, Cinnamon, Chocolate, Chocolate Chip, Mini	X			X
Granola & Granola Bars	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Nutri Grain soft baked breakfast bars - All varieties	X			X
Nature's Bakery - Fig bars, Baked Ins, Crumble bars, Brownie bars	X		X	X
Nature Valley Peanut free Chewy Granola bars Mixed Berry	X			X
Nature Valley Lunch box Chewy Granola bars double chocolate	X			X
Nature Valley Lunch box Chewy granola bars smores	X			X
Annie's granola bars - chocolate chip, oatmeal raisin	X	X		X
Enjoy Life Products – All varieties	X	X	X	X
ZeeZee Bars	X		X	X
Made Good Products – All varieties	X	X	X	X
Fruit Snacks	Peanut/Tree Nut	Gluten Free	Dairy Free	Egg Free
Annie's Homegrown Organic Fruit Snacks/peel apart/fruit tape	X	X	X	X
That's It Fruit Bars	X	X	X	X
Bear Fruit Rolls	X	X	X	X
Froot Thief Fruit Whips	X	X	X	X
Welch's	X	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	Egg Free
Nestle Outshine Fruit Bars All fruit flavors	X	X	X	X
Minute Maid Juice Bars	X	X	X	X
Johnny Pops	X	X		X
Luigi's Lemon Ice	X	X	X	X
DeeBees Popsicles	X	X	X	X
Cookies & Baked Goods	Peanut/Tree Nut Free	Gluten Free	Dairy Free	Egg Free
Enjoy Life Cookies All varieties	X	X	X	X
Allergy Smart Cookies	X	X	X	X
Abe's Muffins, Cakes, and Cupcakes	X	X	X	X
Cybeles Cookies	X	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	X
Annie's chocolate chip cookies	X			X
Oreos - Original, Golden Oreo, Double Stuff, Cookie Sticks 'N Creme Dip	X		X	X
Chips Ahoy! Original, Chewy, Chunky, Crunchy, minis	X			X
Best Choice Bakery Chocolate & Vanilla Mini Assorted Cupcakes	X			
Rice Krispie Treats Original	X			X
Made Good Products - All Varieties	X	X	X	X
Home Free Cookies	X	X	X	X
Red Plate Cookies, Cupcakes, and Muffins	X	X	X	X
Partake Cookies	X	X	X	X
Favorite Day bakery chocolate and vanilla mini cupcakes (Target Brand)	X			
The Bakery (Walmart Brand) Mini cupcakes only	X			
Great Valley Mini Chippers Cookies	X			
Sweet P's bake shop Chocolate Chip Cookies 12.5oz	X			
Benton's Mini Alphabet Cookies	X			

Benton's Mini Chocolate Chip Cookies	X			
Benton's Mini Birthday Cake Cookies	X			
Open Acres Mini Vanilla and Mini Chocolate Cupcakes	X			
Hostess Brand Cupcakes	X			
Candy	Peanut/Tree Nut Free	Gluten Free	Dairy Free	Egg Free
Tootsie Pops, Pop Drops, Pop Minis	X	X		X
Dum Dum Pops	X	X	X	X
Life Savers Hard Candies, Gummies	X	X	X	X
Haribo Gummies	X		X	X
Candy Canes - Spangler - All Varieties	X	X	X	X
Airheads, Airheads Bites	X	X	X	X
Airheads Extremes	X		X	X
Swedish Fish	X	X	X	X
Smarties	X	X	X	X
Sour Patch Kids	X	X	X	X
Starburst Fruit Chews – All Varieties	X	X	X	X
Yum Earth Candy - All Varieties	X	X	X	X
Twizzlers	X		X	X
Cheese	Peanut/Tree Nut Free	Gluten Free	Dairy Free	Egg Free
All varieties	X	X		X
Yogurt	Peanut/Tree Nut Free	Gluten Free	Dairy Free	Egg Free
Danon Danimals, Greek Yogurt Cups	X	X		X
Yoplait Go-Gurt, Trix Yogurt Cups	X	X		X
Miscellaneous Items	Peanut/Tree Nut Free	Gluten Free	Dairy Free	Egg Free
Marshmallows - Campfire, Good and Gather	X	X	X	X
Marshmallows- Dandies	X	X		X
Snack Pack Pudding - Vanilla, Chocolate	X	X		X
Snack Pack Juicy Gels - Blue Raspberry, Redberry, Orange, Lemon-Lime	X	X	X	X
Kraft Grab n' Snack Pudding Cups - Vanilla, Chocolate	X	X		X
Hershey's Chocolate Syrup	X	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.

Reviewed at the beginning of each semester

Criteria for Regular snacks

Peanut/Tree Nut-Free, including free of peanut/nut butter, peanut oil, peanut/nut flour, peanut/nut meal, or any variety of the statements, "contains peanuts," or "may contain traces of peanuts/nuts."

Produced in facility that either is peanut/tree nut free or has dedicated nut free lines

Lower probability of being "messy."

Clear labeling with allergens listed on the individual item or the bag/box within which the individual items are packaged

Pre-packaged

*Portability/individual portion size

*Easy to store without refrigeration

*Capable of being eaten without utensils

*May be waived for birthdays/celebrations/special occasions