

Holy Trinity Catholic School

APPROVED FOOD CHOICES FOR **INDIVIDUAL STUDENT SNACKS**

(This list does not apply to individual student lunches)

This list does not provide an absolute protection for students with specific or general allergies. The approved food lists are not intended to replace medical advice from physicians or other healthcare providers. Individual students with food allergies must file an **Allergy Action Plan** with the school's nurse. As with any student lunches, parents will make food choices from this approved snack food list based on their child's dietary needs, as well as the time of day scheduled for the student's snack.

Snacks	FRUITS
Animal Crackers Whole grain bagels Plain Cheerios Riceworks – original flavored chips Cheez- It crackers Graham crackers Goldfish Crackers Rold Gold pretzels Saltine crackers Triscuits Wheat Thins Chex Individual Cereals Welch's 100% fruit snacks Sunmaid Raisins Smartfood Variety Popcorn Popchips	Any fresh or individually packaged fruit
	VEGETABLES
	Any fresh or individually packaged vegetable

When possible, purchase individual packages.

PLEASE PURCHASE WHOLE GRAINS WHENEVER THERE IS A CHOICE

Brand names are listed for products that publish allergen safety information.

1. If label says product "may contain traces of peanuts/nuts" or "processed on" or "shared equipment", it is not a safe snack.
 *Please note that manufactures often change their production lines, methods and labeling. Therefore, it is important to check the product at the time of purchase.
2. Please reinforce with your child that snacks may not be traded or shared with other students.
3. Please reinforce with your child never to put any food directly on a table top. They can use the bag or a napkin.
4. Not all allergens are present in all rooms but cross contamination may occur.