

## **BIRTHDAY AND HOLIDAY APPROVED LIST OF SNACKS**

Temple Trager Early Childhood Education Center recognizes that food allergies can cause serious life threatening conditions for some children. To keep all our children safe, we will strive to limit those foods that have been determined to cause allergic reactions in children, acknowledging that we cannot guarantee a nut free environment. Peanuts and tree nuts can be an especially difficult food to limit; however, we will strive to be a nut sensitive environment.

Each student with a diagnosed food allergy will have a physician's authorization for medication to be immediately administered to help counteract any possible reactions to food allergies, but these medications can only do so much. Your help and participation is vital to make this policy work.

As of September, 2019 the following is an approved list of foods. Please check any food you bring to school as processing procedures may change.

\*\*\*Fresh baked goods (cakes, cupcakes, etc.) from local groceries or local bakeries cannot be brought to school.

### **Fruits/Vegetables (must be cut in the store or school kitchen)**

Apples, oranges, bananas, pears, melons                      Applesauce cups  
Raisins    Vegetable dips  
Baby carrots, celery sticks, cucumber slices, broccoli, pepper strips,  
Welch's fruit snacks

### **Cheese/Dairy**

Yogurt (no granola)    Pudding in individual cups  
Jell-O in individual cups    String cheese/cheese cubes

### **Cookies/Snacks**

Graham Crackers (Kroger or Honeymade)  
Oreos (Regular) & Thins  
Nabisco Chips Ahoy  
Kelloggs Rice Krispy Treats  
Keebler Fudge Stripes, Deluxe Grahams, E.L. Fudge  
Animal Crackers (Kroger, Barnum, Austin Zoo or Keebler brands) PLAIN ONLY  
Teddy Grahams (cinnamon, chocolate, chocolate chip, honey)  
Kroger brand Mini Donuts/Donuts Holes (Powdered sugar, glazed, plain, cinnamon sugar) & prepackaged donuts. Kroger bakery prepackaged glazed donuts  
Entenmann's little bites blueberry and chocolate chip muffins, fudge brownies & donuts  
Hostess mini muffins & donuts

### **Ice Cream/Popsicles**

Popsicles                      Whole Fruit Bars  
Juice Bars                      Breyers Vanilla Ice Cream  
Kroger brand ice cream sandwiches and sundae cups

\*\*\*Classroom cooking – Only Pillsbury and Betty Crocker brand cake mixes, frosting, refrigerated dough.

***You will also have the opportunity to purchase school baked cupcakes or cookies for your child's birthday celebration at Temple Trager ECEC. An order form will be sent home prior to your child's birthday.***

\*\*\*No homemade items (cookies, cakes, etc.) may be brought school. This includes fruit (it must be pre-cut at the grocery store)