



# Morris Elementary School District #54

*Inspiring Excellence In Every Child Every Day*

**All school lunches and snacks must be Peanut and Tree Nut free.** There will be NO peanut butter sandwiches, NO peanut/tree nut granola bars, NO trail mix, etc. If your child prefers peanut butter and jelly sandwiches, some alternatives would be to use Wow Butter or Sun Butter instead. Below is a list of safe alternatives for snacks to send in with your child's lunch. Thank you for your cooperation with helping minimize the risk of allergic reactions at school.

### Nut free snacks:

Beverages	Water or 100% Fruit Juice
Cereals	Shredded Wheat, Cheerios, Apple Jacks, Fruit Loops, Kix, Chex, Crispix, or Cinnamon/Original Life
Cheese Crackers	Cheese Nip, Cheez-Its, Goldfish, Pepperidge Farm Goldfish (no whales), Savoritz
Crackers	Keebler Club, Keebler Wheatables, Kellogg's Special K, Crackers, Kraft Handi-Snacks, Town House, Triscuit, Wheat Thins, Ritz, or Saltine
Dairy	Yogurt, Cheese, String Cheese, Cottage Cheese
Fruits	Applesauce, Raisins, Craisins, Dried Fruits, Fruit Cups, Fresh Fruits
Fruit Snacks	Fruit Roll-Ups, Fruit By the Foot, Betty Crocker Fruit Flavored Snack, Market Pantry
Graham Crackers	Teddy Grahams, Goldfish, Keebler, Nabisco, or Benton's
Pirate's Booty	Veggie or Aged White Cheddar
Popcorn	Pop Secret, Act 11, Jolly Time, SkinnyPop, or Orville Redenbacher
Pretzels	Rold Gold, Utz, Pepperidge Farm, Clancy's
Soft-Baked Cereal Bars	Nutri Grain or Millville
Treats	Kellogg's Original Rice Crispy Treats, Lorna Doone Shortbread Cookies, Keebler Nilla Wafers, Chips Ahoy Cookies-Original, Chunky, Chewy, or Candy Blasts, Oreos-Original or Double Stuffed
Vegetables	Raw Vegetables

*\*Please note that food labels/ingredients may change over time. Please read labels to assure that products are "nut free" and do not "contain traces of peanuts/tree nuts".*