

## 2021-2022 District 145 Treat List

District 145 strives to exceed the federal/state nutritional standards as well as uphold and exceed our own student school wellness policy. Our schools are a safe place for all students, therefore it is our duty to protect all students by providing them with healthy and safe snacks. We have students throughout the district with varying medical diagnoses and food allergies. The District 145 Wellness Committee has devised the following list to alleviate confusion regarding classroom treats because we believe in equality for all students.

Please understand that we will not be able to serve any items that are not on the approved list. There are too many products that seem similar and yet are not safe due to different ingredients and methods of production.

**\*Please know that we will follow the same guidelines for all classrooms in all buildings.**

**\*All food will need to be checked in the office before being taken to a classroom.**

**\*Only the specific items listed below will be accepted. Please call your student's school if you have any questions.**

### Approved items include:

#### **Food/Edible options:**

- Fresh Fruit: No mango- Prepackaged individual packages from the grocery store only.
- Fresh vegetables: Prepackaged individual packages only from the grocery store only.
- Teddy Grahams: Name brand only. Only Cinnamon, Honey, Chocolate, Chocolatey Chip, and Mini.
- Pringles: Name brand only. Original, reduced fat, and BBQ or Pringles Snack packs Original only.
- Ruffles: Name brand only. Original, Reduced Fat, Sour Cream & Onion, and Cheddar & Sour Cream, Loaded Chili and Cheese, and Molten Hot Wings only.
- Lay's Original Chips: Name brand only. All flavors acceptable.
- Lay's Kettle Cooked Chips: Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper only.
- Cheetos: Name brand only. Puffs, Puffs Honey BBQ Crunchy, FLamin' Hot Crunchy, or Baked only.
- Pepperidge Farm Goldfish: Baby Cheddar, Cheddar, Colors, Mix-up Parmesan, Pizza, Pretzel, Slatine, Whole Grain, X- Plosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion, Pretzels or 100 Calorie Pouches only.
- Rold Gold Pretzels: Name brand only. Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, or Cheesy Garlic.
- Made Good Granola Minis: Apple Cinnamon, Chocolate Banana, Chocolate Chip, or Strawberry only.
- Smartfood Popcorn: Name brand only White Cheddar, Reduced Fat, or Movie Theater Butter.
- Oreos: Name brand only. Original or Double Stuff. Regular packages only. No snack packs.
- **Lofthouse** Frosted Sugar Cookies only: Package must clearly be labeled "made in nut free facility". This brand only. Available at both Russ's Express in Waverly and all Super Saver locations in Lincoln.
- Barnum's Animal Crackers: Original only.
- Lorna Doone Shortbread Cookies: Original and name brand only.
- Nabisco 100 Calorie Packs Lorna Doone Shortbread Cookie Crisps.
- Twizzlers: Name brand only. All wrapped varieties acceptable. No mango.
- Dum Dum Pops: Name brand only. All varieties acceptable.
- Tootsie Pops: Name brand only. Cherry, Chocolate, Grape, Orange, Raspberry
- Tootsie Roll: Name brand only. Chocolate only.
- Airheads, Lifesaver Gummies, Jolly Ranchers, Push Pops, Sixlets, Smarties, Fruit by the Foot, Gushers, Smarties, Skittles, Starburst, and Hershey's Plain Chocolate Kisses: Original and name brand only.
- Capri Sun: Cannot contain mango juice. Name brand only.
- Kool-Aid Jammers: Cannot contain mango juice. Name brand only.

**Non-edible options include but not limited to:** Pencils, erasers, books, party favors, carabiners, other school supplies, etc.

**Holiday Parties:** Edible treats will be provided by the school. Only non-edible items will be accepted.