

Frankfort School District 157-C



Health: Food Procedures

All food items brought to school to be shared with classmates must be: 1. commercially prepared 2. Individually wrapped, 3. include an ingredient list, and 4. Be peanut and tree nut free. If the label says the product “may contain traces of peanuts or tree nuts,” “processed with peanuts or tree nuts,” or “shared equipment with peanuts or tree nuts” this product is not a snack suitable for the classroom.

The foods listed below are items that have been peanut and tree nut free in the past. Since manufacturers change their production lines, methods, and labeling you **MUST** read the label before purchasing it to make sure it meets the District’s Requirements. All food items brought to school for distribution to classmates will be checked for compliance before being shared.

Fruit

- Any Fresh Fruit
- Applesauce
- Fruit Cups
- Fruit by the Foot

Crackers

- Graham Crackers
- Teddy Grahams
- Premium, Club, and Pepperidge Farm
- Cheez-Its
- Gold Fish

Potato Chips

- Jays, Ruffles, Sun Chips, and Lays
- Doritos
- Cheetos
- Rold Gold Pretzels and Pepperidge Farm
- Pringles

Sweets

- Marshmallows
- Oreos (Original)
- Starburst
- Twizzlers
- Sweet Tarts
- Smarties
- Suckers
- Popsicles

Dairy

- Cheese
- String Cheese
- Pudding Cups

Avoid All Foods That Contain Peanuts and Tree Nuts or These Ingredients

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|---|---|--------------------------------|
| Artificial Nuts | Mixed Nuts | Peanut Butter |
| Beer Nuts | Monkey Bars | Chocolate |
| Nu-Nuts | Goobers | Chili |
| Ground Nuts | Mandelonas | Chocolate Candy and Candy Bars |
| Ground Nut Pieces | Peanut Flour | Egg Rolls |
| Enchilada Sauce | Marzipan | Nougat |
| Sunflower Seeds | Arachis Oil | Pistachios |
| Cashews | Pralines | Pecans |
| Walnuts | Pesto | Pine Nuts |
| Almonds | Natural Nut Extract (Walnut and Almond) | |
| Cold Pressed, Expelled, or Extruded Peanuts | | |

Warning: Contains Peanuts

