

Slippery Rock Area School District

This list does not provide absolute protection for students with specific or general allergies. The implementation of this approved food list is not intended to replace medical advice from your physician or other healthcare provider. Students with food allergies must file an

Allergy Action Plan with the school nurse.

Snacks and Chips (All snacks and chips need to be 150 calories/portion size or less)		FRUITS	FROZEN ITEMS/DAIRY
Baked Cheese Corn Curls Baked Potato Chips <small>BBQ/Sour Cream/Cheddar Cheese</small> Original or Baked Tortilla Chips Reduced Fat Tortilla Chips <small>Spicy-Sweet Chili/Nacho Cheese</small> Chex Mix Pretzels Classic Tiny Twists (1 oz.) Pretzel Rods (1 oz.) Rice Chips Smartfood Variety of Snacks Bean Dips	Cheddar Cheese Crackers Animal Crackers Cheese Crackers Graham Crackers Saltine Crackers Wheat Crackers Whole Grain Bagels Toasted Whole Wheat Cereals Individual Cereal Servings <small>(Under 150 calories/serving and no Sugar added cereals)</small> 100% Fruit Snacks <small>(first ingredient must be a fruit)</small> Popcorn / Popchips Veggie Straws	All Fruits Including: Apples, Bananas, Oranges, Grapes, Strawberries Dried Fruits <small>(with no added sugar)</small>	Low-Fat Ice Cream Including: Bars, Cups, Sandwiches Frozen Yogurt Bars, Cups Frozen Fruit Bars Italian Ice Cups Low-Fat String Cheese / Cheese
		VEGETABLES	
		All Vegetables Such As: Carrots, Celery, Broccoli, Cucumbers, Cauliflower and Green Peppers	Pizza / Deli Tray <small>(made with whole grain bread)</small> Can be Purchase for Classroom Celebrations as well as Fruit and Vegetable Trays

For Cafeteria Platter Selections, please contact jeff_fleeger@slipperyrock.k12.pa.us

1. Drinks for parties will be limited to water, milk or 100 % juice.
2. Items that are being shared with the class must be store bought or cafeteria purchases.
3. If a label says product “may contain traces of peanuts/nuts” or “processed with” or “processed in” or “shared equipment,” **it is not a safe snack.**
 * Please note that manufacturers often change their production lines, methods, and labeling. Therefore, it is important to check the product at the time of purchase.
4. Non-food items for birthday celebrations and parties are acceptable and encouraged. Such items include: pencils, erasers, bookmarks, stickers, coloring books, crayons and small, safe novelty items. Check with your child’s teacher for other ideas and to make sure novelty items are acceptable for the classroom.