

**2011-12 Updated Safe foods for Peanut/Tree nut/Sesame/Dairy/Egg allergies.**

**Below is a list of Some foods allowed for students with the above allergies.** You should always check with parents first, but most can have the following:

- Fresh fruit
- Fresh vegetables
- Honeymaid graham crackers
- Raisins
- Juice boxes
- Ruffles or Lay's plain potato chips
- Pringles plain potato chips
- Vienna fingers (cookies)
- Oreo cookies-regular
- Fritos-plain
- Bachman's popcorn-plain(looks yellow)
- Pretzels, Rold Gold brand, Bachman-pretzels sticks in individual little boxes are ok.
- Teddy Graham cookies- Cinnamin, Honey, and sometimes chocolate chip.

Hope this helps. Please call me with any questions.

Thank you,

Barbara Wagner, RN