



Dear Parents,

Beginning in the 2019-2020 school year, Holy Sepulcher Catholic School is a Nut (peanut, tree nut, sesame) and Shellfish Safe school! Our kitchen and the food we serve is nut and shellfish free. The cafeteria itself is nut and shellfish safe meaning that all reasonable precautions are taken so that nuts and shellfish are not in contact with those who are allergic. Please understand that it is a measure necessary to provide for the safety of all our students and that your understanding, cooperation and sensitivity are greatly appreciated.

The attached list is meant to be a resource to our families. It contains a variety of suggestions to help you comply with keeping our school environment safe for everyone. This list only serves as a resource. It is in no way complete and is subject to manufacture recalls and mislabeling. Please read labels before purchasing a product to send to school as manufacturers may change their ingredients and processes at any time. And sometimes, the information about nuts or the way products are processed is almost hidden.

Please do not send items with these allergy and ingredient statements to school:

- “May contain Peanut, Tree Nut, Sesame, or Shellfish”
- “Processed on shared equipment with peanut, tree nut, sesame or shellfish”
- “Manufactured in a facility with peanut, tree nut, sesame or shellfish”
- “Contains peanut, tree nut, sesame or shellfish”

Please avoid all products containing peanut, peanut flour, peanut oil, peanut butter, nut butter, nut flour, nut oil, almonds, cashews, Brazil nuts, pecans, pistachios, hazelnuts, pine nuts (pesto), Macadamia nuts, walnuts, sesame oil, sesame seeds, clam, crab, lobster, scallop and shrimp.

If food containing peanuts, tree nuts, sesame, or shellfish are brought to Holy Sepulcher Catholic School,

- The first time we will offer the student an alternative safe items from our cafeteria. If he/she does not choose the safe alternative, they will be asked to eat their lunch in the office so the area can be properly sanitized and supervised for thorough hand-washing after. Parent/Guardian will be notified.
- After the first time, the student will be offered an alternative safe item from our cafeteria and the food containing peanuts, tree nuts, sesame or shellfish will be returned to the parent/guardian.

Please keep this information and peanuts, tree nuts, sesame and shellfish list in mind for lunches, birthday or holiday treats.

Thank you for support and compliance with the Food Allergy Management Policy.

Sincerely,

Mrs. Ashley Bauer, Principal  
Holy Sepulcher Catholic School



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The following list is meant to be a resource to our Holy Sepulcher Catholic School families. It contains a variety of suggestions to help you comply with keeping our school environment safe for everyone. This list only serves as a resource. It is in no way complete and is subject to manufacture recalls and mislabeling. Please read labels before purchasing a product to send to school as manufacturers may change their ingredients and processes at any time. And sometimes, the information about nuts or the way products are processed is almost hidden.

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If food a student packs a lunch containing peanuts, tree nuts, sesame, or shellfish to School:

- The first time we will offer the student an alternative safe items from our cafeteria. If he/she does not choose the safe alternative, they will be asked to eat their lunch in the office so the area can be properly sanitized and thorough handwashing after. Parent will be notified.
- After the first time, the student will be offered an alternative safe item from our cafeteria and the food containing peanuts, tree nuts, sesame or shellfish will be returned to the parent.

Please keep the above information and peanuts, tree nuts, sesame and shellfish list in mind for lunches, birthday or holiday treats.

Get creative for birthdays! Feel free to send in special birthday napkins or plates, add a fun birthday pencil or send the pre- packaged snacks in birthday treat bags. There are many fun ways to celebrate your child's birthday while still following the guidelines for snacks!

- Keep in mind, NOT all products from bakeries, doughnut shops, etc. are safe.
- All snacks MUST be pre-packaged with a label listing all ingredients complying with the HSCS allergy management plan.

Thank you for your support and cooperation!



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### **FRUIT & VEGGIES**

- Fresh Fruit & Vegetables (If bringing for shared class snack, always use thoroughly cleaned kitchen utensils and equipment (knives, cutting boards, serving containers, etc.) to wash and prepare.)
- Sunmaid Raisins: Individual boxes only (NOT yogurt or chocolate covered)
- Dole Raisins (NOT yogurt or chocolate covered)
- Mott's Applesauce cups
- Musse/Iman Applesauce cups
- Del Monte Fruit cups
- Dole Fruit cups

### **PEANUT BUTTER ALTERNATIVES & SPREADS**

- SunButter Sunflower Butter: Creamy, Natural Creamy, Natural Crunch, Natural No Sugar Added, Organic Unsweetened
- WOWBUTTER - Creamy, Crunchy
- Sneaky Chef No-Nut Butter - Chocolate, Creamy
- Don't Go Nuts Spread - Chocolate, Pure Unsalted, Sea Salted, Simply Cinnamon, Slightly Sweet

### **BREAD, BAGELS & ROLLS**

- Schwebel's - Bread, Rolls, Bagels, English Muffins, Pita Bread and Tortillas
- King's Hawaiian - Bread, Rolls - Original Hawaiian Sweet, Honey Wheat and Savory Butter (orange packaging)
- Canyon Bakehouse - Bread (all varieties), Bagels, English Muffins, Buns (in Gluten Free freezer section)

### **BREAKFAST CEREAL**

- General Mills Chex Cereal - Wheat, Rice, Corn and Cinnamon
- General Mills Cereal - Cheerios (Original ONLY), Cinnamon Toast Crunch
- Kellogg's Cereal - Crispix, Mini Wheats, Froot Loops, Frosted Flakes, Raisin Bran, Rice Krispies, Apple Jacks
- Annie's Organic Cereal - Cocoa Bunnies, Cinna Bunnies and Friends Bunnies



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### **NUTRITION, CEREAL & ENERGY BARS**

- Kellogg's Original Rice Krispy Treats
- Kellogg's Nutrigrain Cereal Bars - All varieties
- MadeGood Granola Bars - Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry
- Don't Go Nuts Nut-Free Organic Snack Bars
- Enjoy Life Breakfast Ovals - All varieties
- Enjoy Life Chewy Bars - All varieties
- Enjoy Life Protein Bites/Grab & Go Bites - All varieties
- Enjoy Life Grain & Seed Bars/Grab & Go Bars - All varieties

### **GRANOLA, TRAIL MIXES & SEEDS**

- MadeGood Crispy Light Granola - Apple Cinnamon, Chocolate Banana, Cocoa Crunch, Strawberry
- Enjoy Life Seed & Fruit Mix/Grab & Go Mix - All varieties

### **FRUIT SNACKS & DRIED FRUIT**

- General Mills Fruit Snacks - Fruit by the Foot, Fruit Roll-Ups, Fruit Gushers, Betty Crocker - Fruit Shapes
- Mott's Fruit Snacks
- Sunkist Fruit Snacks
- Kellogg's Fruit Snacks
- Annie's Organic Fruit Snacks
- YumEarth Fruit Snacks

### **RICE SNACKS**

- MadeGood Crispy Squares - Chocolate Chip, Vanilla
- Quaker Quakes Rice Snacks - Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Cheddar Cheese, Sour Cream & Onion

### **CHEESE SNACKS**

- Utz Cheese Balls – Plain
- Utz Cheese Curls - Plain, White Cheddar
- Wise Cheez Doodles - Cheese (Crunchy), Cheese (Mix), Cheese (Puffed), White Cheddar (Puffed)
- Cheetos - Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked
- Pirate's Booty - Aged White Cheddar



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### **FRUIT & VEGETABLE SNACKS**

- Sensible Portions Garden Veggie Straws - Sea Salt, Garden Ranch, Cheddar Cheese, Sweet Potato, Sea Salt & Sweet Potato, Variety Packs
- Sensible Portions Garden Veggie Chips - Classic - Sea Salt
- Sensible Portions Stacked Garden Veggie Chips - Sour Cream & Onion, Cheddar, Sea Salt, BBQ
- Sensible Portions Apple Straws – Cinnamon
- Pirate's Booty Veggie

### **POTATO CHIPS**

- Herr's Baked Potato Crisps - Aged Cheddar Ripple Cut, Barbecue, Cheddar & Sour Cream, Baked Potato, Original, Original Ripple Cut, Sour Cream & Onion
- Utz Potato Chips - BBQ, Cheddar and Sour Cream, Honey BBQ, No Salt, Onion and Garlic, Red Hot, Regular, Salt & Vinegar, Salt and Pepper
- Utz Ripple Potato Chips – Regular
- Utz Wavy Potato Chips - Baby Back Ribs, Pit BBQ, Regular, Tabasco Flavored
- Wise Potato Chips - Barbecue (Kettle), BBQ, Cracked Pepper (Kettle), Golden Original, Honey BBQ, Jalapeno (Kettle), Jalapeno (NY Kettle), Lightly Salted, Loaded Chili Cheese Dog, Onion & Garlic, Original (Kettle), Original (NY Kettle), Reduced Fat Barbecue (Kettle), Reduced Fat Original (Kettle), Reduced Fat Sea Salt & Balsamic Vinegar (Kettle), Salt & Vinegar, Salt & Vinegar (Kettle), Unsalted
- Wise Ridgies Potato Chips - Barbecue, Cheddar & Sour Cream, Dill Pickle, Original, Sour Cream & Onion
- Baked Ruffles - Original, Cheddar & Sour Cream - Ruffles - Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese, Molten Hot Wings
- Baked Lay's - Original, Sour Cream & Onion, Parmesan and Tuscan Herb
- Lay's - Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue
- Lay's Kettle Cooked - Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
- Cape Cod - Original, Sour Cream & Green Onion
- Kettle Brand - Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- Kettle Brand Bakes - Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- Pringles - Original, Sour Cream & Onion, BBQ, Cheddar Cheese Pringles Snack Packs, 100 Calorie Snack Packs
- Munchos
- Sunchips - All varieties



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### **CORN & TORTILLA CHIPS**

- Tostitos Tortilla Chips
- Doritos/Baked - All varieties
- Fritos – Original
- Herr's Tortilla Chips- Bite Size Dippers, Nacho Cheese, Restaurant Style, Traditional Authentic Cantina Style, Yellow Round
- Utz Corn Chips – BBQ
- Utz Low fat Baked Tortilla Chips
- Utz Organic Tortilla Chips - Blue Corn, White Corn, Yellow Corn
- Utz Tortilla Chips - Dippable, Multigrain, Restaurant Style, White Round, Yellow Round - Wise Corn Chips - Bar-B-Que, Nacho Twisters, Original
- Wise Dipsy Doodles - Barbecue, Chili Cheese, Original
- Wise Tortilla Chips - White Restaurant Style

### **POPCORN**

- Herr's Flavored Popcorn - Cheese, Original, White Cheddar, Light
- Utz Popcorn - Butter, White Cheddar
- Wise Popcorn - Butter, Cinnabon, Sea Salt, White Cheddar
- Smartfood - White Cheddar, Reduced Fat, Movie Theater Butter
- Skinny Pop Popcorn
- Popchips - barbeque potato, cheddar & sour cream potato, hint of olive oil veggie, sea salt & vinegar potato, sea salt potato, sea salt veggie, sour cream & onion potato, sweet potato

### **PRETZELS**

- Herr's Pretzels - Bite Size Sourdough Hard, Extra Thin, Mini, Rods, San Francisco Sourdough Specials, Sourdough Mini Hard, Stix, Whole Grain Ribbon, Whole Grain Sticks
- Bachman Pretzels - Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Hard Sourdough, Pita Pretzel Squares, Kidzels 100 Calorie Pack
- Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip
- Nabisco 100 Calorie Mister Salty Pretzels - Milk Chocolate, Yogurt Flavored
- Pepperidge Farm Goldfish Pretzels
- Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels
- Rold Gold - Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic



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## **CRACKERS**

- Cheese Nips - Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
- Pepperidge Farm Goldfish - Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain
- Pepperidge Farm Goldfish Flavor Blasted - XPlosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion
- Pepperidge Farm Goldfish Mix-Up Adventures - Pretzel & Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza
- Pepperidge Farm Goldfish 100 Calorie Pouches - Cheddar, Pretzel
- Kraft Handi-Snacks - Premium Breadsticks 'n Cheese Dip, Mister Salty Pretzels 'n Cheese Dip
- Nabisco 100 Calorie - Sweet & Salty Mix Kettle Flavor
- Nabisco 100 Calorie Nabisco Premium Saltines - Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks
- Nabisco Premium Soup & Oyster Crackers
- Pepperidge Farm Baked Naturals Cracker Chips - Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain
- Pepperidge Farm Baked Naturals Cheese Crisps - Cheddar, Four Cheese Italian Herb - Pepperidge Farm Baked Naturals Wheat Crisps - Toasted Wheat
- Pepperidge Farm Distinctive Crackers - Golden Butter
- Triscuit - Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds
- Triscuit Minis – Original
- Triscuit Thin Crisps - Original, Parmesan Garlic, Four Cheeses, Chile Pepper
- Wheat Thins - Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil
- Wheat Thins Fiber Selects - 5 Grain, Garden Vegetable
- Ritz Crackers (NOT Ritz bits)
- Keebler Club Original Crackers, Snack Sticks
- Keebler Townhouse Crackers
- Annie's Bunny Crackers - All varieties
- Annie's Cheddar Squares



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## **GRAHAM CRACKERS**

- Nabisco Grahams - Original - Nabisco Honey Maid - Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
- Nabisco Animal Crackers
- Keebler Graham Crackers
- Keebler Graham Snacks
- Barnum's Animal Crackers – Original
- Teddy Grahams - Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini
- Back to Nature - Honey Graham Sticks
- Annie's Organic Graham Crackers
- Annie's Organic Bunny Grahams - All varieties
- Annie's Organic Animal Cookies

## **DAIRY**

- Kraft - Cheese Sticks, Polly-O String Cheese, String-Urns , Cubes, Slices
- Sargento - Snack Cheese Strings , Twirls , Cubes, Shapes
- Sorrento - Shapesters and Stringsters
- Babybel - Cheese - Horizon - Milk, Yogurt , Cheese , Cottage Cheese
- Stonyfield Organic - All varieties including Yo-Kids Yogurt
- Yoplait - Yogurt cups (NO granola or candy pieces) , Kids, Go-Gurt Tubes
- Dannon - Yogurt cups (NO granola or candy pieces) yogurt smoothies
- Jell-O Pudding cups
- Jell-O Gelatin cups - Hunt's Pudding
- Kraft Jell-O Handi Pudding

## **CAKES, CUPCAKES & MUFFINS**

- School Safe Cookie Bars - Chocolate Chip, Chocolicious (Whole Foods)
- School Safe Mini Cupcakes - Chocolate , Vanilla (Whole Foods)
- School Safe Muffin Bars - Apple Cinnamon, Banana Chocolate Chip, Chocolate Chip (Whole Foods)
- Katz Donuts (freezer aisle - Gluten Free at Giant Eagle)
- Consider the Lily's - local bakery (New Castle) dedicated to being free of top 8 allergens (they have a beautiful story and mission statement - Matthew 6:26-29). Their baked goods are super delicious, SAFE and they are so super kind! You can order online or find their products in Naturally Soergel's in Wexford. It can be pricy because of the nature of the products and environment but it's a safe option if anyone would be interested. ([www.considerthelilys.com](http://www.considerthelilys.com))





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### **BROWNIES & BLONDIES**

- School Safe Brownie Snack Bars (Whole Foods)

### **PIES**

- Consider the Lily's Bakery ([www .considerthelilys .com](http://www.considerthelilys.com))

### **COOKIES**

- Barnum's Animal Crackers – Original
- Lorna Doane Shortbread Cookies
- Nabisco 100 Calorie Packs
- Lorna Doane Shortbread Cookie Crisps
- Nabisco Biscos Sugar Wafers - Creme Filling
- Nabisco Ginger Snaps
- Nabisco Nilla Wafers
- Nabisco Chips Ahoy Chocolate Chip Cookies - Original, Chocolate Chunk, Minis (NOT White Chocolate)
- Newtons - Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
- Newtons Minis - Whole Grain Fig
- Newtons Fruit Crisps - Apple Cinnamon - Oreos - Original (blue packaging), Double Stuf, Golden (gold packaging)
- Back to Nature Chocolate Chunk Cookies & Minis
- Enjoy Life Crunchy Cookies & Minis - All varieties
- Enjoy Life Soft Baked Cookies & Minis - All varieties
- Annie's Organic Cookie Bites - Annie's Organic Grabbits

### **CANDY**

- Dum Dums – Assorted
- Dum Dums Candy Canes
- Jelly Belly Candy Canes - Tutti Fruitti, Blueberry, and Watermelon, Very Cherry, Green Apple, and Orange
- Spangler Candy Canes - Red & Whites
- Saf-T-Pops - Assorted, Swirl
- Charms Blow Pop Bubblegum - Bubble Gum
- Charms Blow Pops – Assorted
- Charms Mini Pops – Assorted
- Charms Pops – Assorted
- Charms Sour Balls – Assorted
- Charms Squares – Assorted



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- Cry Baby Sour Gumballs – Assorted
  - Dots - Cherry, Orange, Strawberry, Lemon, Lime
  - Dubble Bubble Gumballs – Assorted
  - Dubble Bubble Twist Wrap – Assorted
  - Fruit Chews - Cherry, Orange, Vanilla, Lemon, Lime
  - Junior Mint Deluxe – Mint
  - Sugar Daddy – Caramel
  - Tear Jerkers Sour Bubble Gum – Assorted
  - Tootsie Pop Drops - Chocolate, Cherry, Blue Raspberry, Orange, Grape
  - Tootsie Pops - Cherry, Chocolate, Grape, Orange, Raspberry
  - Tootsie Roll – Chocolatey
  - Charleston Chew – Vanilla
  - Junior Caramels - Chocolate and Caramel
  - Junior Mints - Chocolate peppermint
  - Sugar Babies – Caramel
  - Andes Mints - All varieties
  - Oum Oum Pops – Frooties
  - Good & Plenty
  - Kraft Caramels
  - Lifesavers Hard Candies
  - Lifesavers Gummies
  - Lifesavers Gummies Collisions
  - Milk Duds
  - Jolly Rancher Hard Candy
  - Jolly Rancher Doubles
  - Pez
  - Push Pop
  - Red Vines
  - Razzles
  - Raio
  - Skittles - All varieties
  - Smarties
  - Sour Patch Kids
  - Sour Punch Straws - Apple, Strawberry
  - Starburst Fruit Chews - All varieties
  - Starburst GummiBursts - All varieties
  - Starburst JellyBeans - All varieties
  - Swedish Fish
  - Twizzlers - All wrapped varieties



- Whoppers - Original Only
- Wonka - Latty Taffy, Nerds, Sweet Tarts, Sweet Tarts – Chewy
- Zours
- YumEarth - Lollipops, Gummy Bears, Licorice, Sours, Hard Candy

### **CHOCOLATE**

- Sixlets - Fruity, Original
- Hershey's Chocolate Bars - 1.55 oz Bars (Note: other sizes may not be safe)
- Hershey's Chocolate Kisses - Plain, Special Dark
- Enjoy Life Chocolate Bars - All Varieties

### **MARSHMALLOW**

- Campfire GIANT ROASTERS Marshmallows – Vanilla
- Campfire Mini Marshmallows – Vanilla
- Campfire Regular Marshmallows – Vanilla
- Kraft Marshmallows

### **ICE POPS & ICES**

- Dole Fruit Bars - Variety 12 Pack (Strawberry , Grape, Raspberry)
- Luigi's Real Italian Ice - 6 Pack Varieties: Cherry , Lemon, Lemon & Strawberry, Mango, Watermelon & Blue Raspberry
- Minute Maid Juice Bars - 12 Pack Varieties : Cherry, Grape, Orange
- Breyers Pure Fruit Bars - 12 Pack (Strawberry, Orange , Raspberry)
- Pop-Ice Freezer Pops

For general information about food allergies, please visit the websites:

Food Allergy & Anaphylaxis Network: <http://www.foodallergy.org>

Safe Snack Guide: <https://snacksafely.com/safe-snack-guide/>

DISCLAIMER: Holy Sepulcher Catholic School and Parish are providing this information solely as a resource to the members of the Holy Sepulcher Catholic School. Although the information contained in this list is believed to be correct at the time of posting, the Holy Sepulcher Catholic School and Parish disclaim all responsibility for any damages or liability that may result from the use or reliance upon this list or any information contained herein and make no warranty concerning the accuracy of the information contained herein. Although Holy Sepulcher Catholic School and Parish have worked to provide accurate information, inclusion on this is not intended as an endorsement or guarantee from Holy Sepulcher Catholic School and Parish. Holy Sepulcher Catholic School and Parish strongly recommend that if you or your child has any food allergy and/or food sensitivity you independently verify the ingredients of any product prior to consumption and/or use.