

Memo: To All Parents **Regarding Peanut Allergies, Snack List and Celebrations**

The children will have a 10-15 minute snack time every day. In our school, we have students who have tree nut and/or peanut allergies. Therefore, classrooms are “Peanut and Nut Free”. Your child’s lunch does not have to be “Peanut Free”. There will be a “Peanut Free” table in the lunchroom for those children in need of this service.

The following Snack List is the only acceptable snack choices that may be brought into the classroom:

Snack list for Sacred Heart School:

Fruits and Vegetables

- Apples
- Bananas
- Baby Carrots
- Oranges
- Watermelon
- Cucumber
- Bell Peppers
- Grapes
- Strawberries
- Peaches
- Plums
- Blueberries
- Raspberries
- Cherries
- Cantaloupe

Snack Crackers and Other Options

- Wheat Thins
- Triscuits
- Kix Cereal
- Gogo Squeeze Applesauce
- Sun Maid Raisins – Not the yogurt or chocolate covered ones
- Nutri-Grain Cereal Bars
- Pepperidge Farms Goldfish – Cheddar only

- Delmonte Fruit Cups
- Kraft String Cheese
- Kraft Sliced Cheese
- Kraft Cheese Cubes
- Yogurt – Yoplait
- Fruit Snacks – Betty Crocker, Annies Organic.
- Cheese Nips
- Teddy Grahams
- Nilla Wafers
- Honey Maid Graham Crackers
- Premium Saltines
- Cheez-its
- Jell-O Pudding Cups and Gelatin
- Hunts Pudding
- Kraft Handi Snacks Pudding Cups

Parties and Celebrations:

We also have a specific procedure for celebrating birthdays and holidays.

These are the only acceptable party foods:

***Popsciles**

***Fruit and vegetable platters**

***Pizza ONLY from Dante's (518-272-4533) or Carol's (518-271-7700)**

PLEASE refer to the attached pizza party form.

Birthday Parties

We have a specific policy at Sacred Heart School for birthday parties due to allergies. You are welcome to provide the class with fresh fruit, vegetables, pizza or popsicles. If you choose to have a “pizza party” lunch, you need to follow these guidelines:

1. Order the pizza from **Dante’s** (518-271-7700) or **Carol’s** only (518-271-7700). Please note that Carol’s is closed Mondays and you should pre order your pizza prior to that.
2. An adult must be present during the half hour lunch to serve the children in kindergarten through sixth grade. (not necessary in Pre-K)
3. You need to provide: a drink, plates and napkins.
4. Complete the form below and send it in to your child’s teacher a few days ahead of time so that they can send a note home to the other parents.
5. Lunch Times are: (Pre-K 11:15 -11:45) (K-6 12:00-12:30)

Grade _____ Teacher _____

My child will be having a pizza lunch
on _____.

_____ will be coming to supervise the
lunch.

The pizza has been ordered by me on _____

Signature _____