

SJE is a NUT-FREE school. We have several students in multiple grade levels with severe allergies to peanuts, tree nuts and sesame seeds. These allergies are life threatening. For these children it is imperative that they avoid oral and environmental exposure to nuts or sesame seeds because they are allergic to the airborne proteins as well. Parents are asked to be diligent when sending in snacks, lunches and treats throughout the school year.

<p><b>Crackers/Chips</b></p> <ul style="list-style-type: none"> <li>-Cheez its</li> <li>-Cheese puffs</li> <li>-Cheetos</li> <li>-SunChips Doritos/Lays/Jays</li> <li>-Tostitos and Salsa</li> <li>-Rold Gold Pretzels</li> <li>-Clancy's Pretzels</li> <li>- Meijer Pretzels (NOT ABC's)</li> <li>-Boom Chicka Pop Popcorn</li> <li>-Keebler Club Crackers (NONE OF SANDWICH CRACKERS)</li> <li>-Most Microwave Popcorn</li> <li>-Pepperidge Farm Goldfish</li> <li>-Triscuits or -Wheat Thins</li> <li>-Quaker Rice Cakes</li> <li>-Savoritz Buttery Crisp or Garden Vegetable Crackers</li> <li>-Savoritz 4 Kids Penguin Baked Cheddar Snack Crackers</li> <li>-Savoritz 4 Kids Cheese Dip &amp; Breadsticks</li> <li>-Clancy's Sea Salt or Parmesan, Garlic &amp; Herb Pita Chips</li> <li>-Stacey's Pita Chips</li> <li>-Costco or Sam's Veggie Straws</li> <li>- Pirate's Booty</li> </ul>	<p><b>Candy/Treat</b></p> <ul style="list-style-type: none"> <li>-Most fruit snacks</li> <li>-Fruit by the Foot, Fruit Roll Ups, Gushers</li> <li>-Jell-o &amp; Jell-O pudding cups</li> <li>-Marshmallows</li> <li>-Regular Hershey Kisses</li> <li>-Rolos</li> <li>-Sixlets</li> <li>-Skittles</li> <li>-Starburst</li> <li>- Smarties</li> <li>-Jolly Ranchers</li> <li>-LaffyTaffy</li> <li>-Tangy Taffy</li> <li>- Sweetarts</li> <li>-DumDum Lollipops</li> <li>-Tootsie Rolls/Pops</li> <li>-Twizzlers</li> <li>-Werthers</li> <li>-Whoppers</li> <li>-Pez</li> <li>-Punchies Sour Punch Candy</li> <li>- -Andes Mints</li> <li>-York Peppermint Patties</li> </ul>	<p><b>Cold Treats</b></p> <p>Deans Country Fresh: Ice cream sandwiches, Mint Choc Chip sandwiches, -Neapolitan sandwiches, vanilla bars, orange cream bars, fudge bars, Chocolate/Vanilla ice cream sandwiches -Edy's fruit bars -Friendly's Watermelon Ice Cream Cake -Go-gurts or Yogurts -Hershey's Syrup -Keebler Ice Cream cones -Luigi's Italian Ice (all flavors) -Magic Shell -North Star Brand: Sundae cups, Lotta Creams 24 pack, Ice cream bars, Krispy Krunch, Triple Choc Plus Sundae Cones, Ice cream sandwiches, Fudge bars, Cookies and Cream Ice Cream Sandwiches -Popsicle Brand: Sponge Bob Pop ups, Marvel Hero Popsicles, Dora Popsicles -Smucker's Caramel -Whipped Cream -Sara Lee or Specially Selected (Aldi) Mini Eclairs or Crème Puffs (frozen aisle) - Pepperidge Farms Dessert 3-Layer Cakes (frozen aisle)</p>
<p><b>Fresh Foods/Fruit</b></p> <ul style="list-style-type: none"> <li>-Applesauce</li> <li>-Cheese/String Cheese</li> <li>-Fresh fruit</li> <li>-Fruit Cocktail Cups</li> <li>-Lunchmeat</li> <li>-Mandarin Orange cups</li> <li>-Most Raisins/Craisins</li> <li>-Veggies and Hidden Valley Ranch Dip</li> <li>Aldi's hummus varieties</li> </ul>	<p><b>Donut/ Baked Goods</b></p> <ul style="list-style-type: none"> <li>-Hostess Donettes &amp; Regular donuts</li> <li>-Nutrigrain Bars</li> <li>-Kellogg's Pop Tarts</li> <li>-Tots Brothers Brand Donuts (all variety)</li> <li>-Hostess Twinkies, Ding Dongs</li> <li>-Entenmann's Frosted Donuts, mini frosted donuts, Pop'ems, mini powdered</li> </ul>	<p><b>Cookies</b></p> <ul style="list-style-type: none"> <li>-Centrella Graham Cracker</li> <li>-Chips Ahoy</li> <li>-Keebler Fudge Stripes, vanilla wafers &amp; Simply Made Cookie Thins (chocolate chip or lemon)</li> <li>-Keebler 100 calorie packs: (Rite bite Oreo Dipper, Pretzel Dipper, Bread stick and cheese)</li> </ul>

	<p>donuts.</p> <ul style="list-style-type: none"> <li>-Entenmann's Dessert Cakes</li> <li>-Sara Lee Snack Cakes: Iced Sprinkled Party cakes, Golden Cakes, Brownie Chocolate Chip Cakes, Crumb Cakes</li> <li>-12 Ct. Mini The Bakery At Walmart Cupcakes (Must have Peanut-Free &amp; Tree-Nut Free tape labels)</li> <li>-Maplehurst Bakeries Peanut-free &amp; Tree nut-Free Cupcakes (Jewel or Walmart)</li> <li>-School Safe Snack Bars, Loafs &amp; Cakes vanilla cupcakes(sold at Jewel)</li> <li>-Sunbelt or Millville Fruit &amp; Grain Bars (ONLY Apple Cinnamon, Strawberry, Raspberry or Blueberry Mixed Berry flavors)</li> <li>- Sara Lee, Thomas' or L'Oven Fresh Plain, Blueberry, cinnamon raisin or Mini Bagels</li> <li>- Nutphree's Cupcakes -</li> </ul>	<ul style="list-style-type: none"> <li>-Nabisco Animal Crackers (only)</li> <li>-Nabisco Vanilla Wafers</li> <li>-Nabisco 100 calorie packs: (Lorna Doone, Chips Ahoy)</li> <li>-Nabisco Graham Crackers</li> <li>-Oreos</li> <li>- Kellogg's Rice Krispie Treats</li> <li>-Scooby Snacks</li> <li>-Soft Paws Teddy Grahams</li> <li>-Teddy Grahams</li> <li>-Lofthouse Frosted Cookies, shortbread, seasonal sugar cookies, and 12 Ct. Oatmeal Raisin or Snickerdoodle Cookies (Labeled Made in a Peanut-Free &amp; Tree-Nut Free Facility)</li> <li>-Lotus Biscoff European Cookies</li> <li>- Otis Spunkmeyer chocolate chip, double chocolate cookies,</li> </ul>
<p><b>Spreads</b>  Important contact info:  -Sunbutter Brand Sunflower Seed Spread (available at Strack, Target, Meijer and online)  -IM Healthy Soynut Butter (available at Schererville Stracks, Target, online)  -IM Healthy Chocolate Soynut Butter (online only)  -Lotus Biscoff Cookie Butter</p>	<p><b>UNSAFE FOODS TO AVOID</b></p> <ul style="list-style-type: none"> <li>-ALL NUTS</li> <li>-Dove ice cream treats</li> <li>-Haagen Daz ice cream</li> <li>-Klondike ice cream</li> <li>-Dairy Queen (except StarKisses)</li> <li>-Baskin Robbins</li> <li>-Dunkin Donuts</li> <li>-ALL Bakery Items (unless specifically listed above)</li> <li>-Hostess Cupcakes/Little Debbie Snacks</li> <li>-Granola/Energy Bars</li> <li>-ALL candy from Albanese or other candy stores</li> <li>-Hummus except where listed</li> <li>-Snack well Popcorn varieties</li> <li>-Sophia Brand Cookies</li> <li>-Famous Amos</li> <li>-Air Delights Hersheys Kisses</li> <li>-Ritz Cracker Sandwiches</li> <li>-Brownie Bites</li> </ul>	<p><b>IMPORTANT CONTACT INFO</b>  *FOOD LABELS CHANGE CONSTANTLY.*  -PLEASE READ LABELS FREQUENTLY  -  ** If you aren't sure, please do not hesitate to call for help to one of the contacts listed below.**  -This list is NOT ALL INCLUSIVE. The best way to know if something is safe is to read the ENTIRE label's ingredient list and look for the bold and capitalized warning label under the ingredient list.  *Sometimes additional warning statements are listed well under the ingredients or after the "May Contain..."</p>

	<ul style="list-style-type: none"><li>-Snyders Pretzels</li><li>-Gummi Bears</li><li>-Toll House Morsels</li><li>-M&amp;Ms</li><li>-Jelly beans</li><li>-Aldi Fruit Snacks</li><li>- Black Forest Fruit Snacks</li></ul>	<p>areas.</p> <p><a href="http://www.foodallergy.org">www.foodallergy.org</a> <b>**INGREDIENTS AND MANUFACTURING PROCESSES CHANGE SO IT IS IMPORTANT THAT YOU READ THE ENTIRE LABEL FOR ALL FOODS, EVEN THOSE ON THIS LIST.</b></p>
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