

Choose one (1)
Fruit or Veggie
& one (1) "dry"
snack item from
the list

PUNS
Snack and Drink List
Groups I, II, III, BW, & YD
PEANUT/NUT FREE & DAIRY FREE

Children with food allergies/restrictions will be served by the teachers only, from a modified list (reviewed, highlighted and signed by parent) or from their own snack box, provided from home.

APPLESAUCE (Jar or cups)

Motts, Wegmans or Wegman's Organic Applesauce (original or cinnamon flavors)

FRUIT CUPS

Dole, Wegmans or Wegmans Organic Diced Fruit Cups (Pears, Peaches, Mandarin Oranges in 100% Fruit Juice)

FRESH FRUIT/VEGETABLES

Must be prepared/prepped in PUNS Art Room

FRUIT – DRIED

Sun Maid Plain Raisins

Wegmans/Wegmans Organic Plain Raisins

Ocean Spray Craisins (original or blueberry)

Wegmans/Wegmans Organic Fruit Twists or Fruit Flats (any flavor)

Brothers-All-Natural Fruit Crisps (any flavor)

Annie's Bunny Fruit Snacks (found in Wegmans Nature Market; any flavor)

Annie's Organic Fruit Bites (found in Wegmans Nature Market; any flavor)

FRUIT POUCHES

Go-Go, Dole, Motts, or Smuckers Fruit Pouches (any flavor; no yogurt)

Trader Joes Fruit Pouch Crushers (any flavor; no yogurt)

PRETZELS

Rold Gold Classic Style (any shape; not flavored)

RICE CAKES

Quaker Popped Rice Snacks (apple cinnamon only)

FRUIT STICKS/CHIPS

Trader Joes Cinnamon Apple Snack Sticks

Seneca Crispy Apple Chips (Original or Cinnamon)

CEREAL

General Mills

Cheerios: Original

Kix: Original

Rice Chex: Original

Kelloggs Apple Jacks

Quaker Life (Original)

Wegmans

Rice Squares: Original

Toasted Oats: Original

Oat Crisps: Original

CRACKERS

Nabisco Premium Saltines (Original or Original Round)

Wegmans Saltines (Original)

Nabisco

Ritz Original: Round;

Whole Wheat Round

Wheat Thins (Original)

GRAHAM CRACKERS

Nabisco

Teddy Grahams (Any Flavor)

Honey Maid

Graham Crackers (Honey or Cinnamon)

Despicable Me or Angry Birds Graham Crackers (Original)

Keebler Scooby-Doo Graham Cracker Sticks (Cinnamon)

ANIMAL CRACKERS

Nabisco Barnum's Animal Crackers (Original)

POPCORN

Skinny Pop Popcorn (Original)

TORTILLA CHIPS

Wegmans/Wegmans Organic Tortilla Chips (White or Yellow Corn)

PITA CHIPS

Stacy's Pita Chips (Simply

Naked...Nothing But Sea Salt Only)

CHEWY BARS

Enjoy Life Chewy Bars (in Wegmans Nature Market) (Sunbutter or Mixed Berry)

BIRTHDAY TREATS

Edy's Outshine Fruit Bars

grape, cherry, lime,
strawberry, tangerine,
wild berry, lemon

NOT SUGAR FREE

Edy's Outshine Fruit and Veggie Bars (Strawberry Rhubarb, Tangerine Carrot, Blueberry Medley)

NOT SUGAR FREE

Nabisco Oreo Cookies (Golden Oreos or Original Chocolate Oreos)

Lucy's Gluten Free Cookies (in Wegmans Nature Market) (Chocolate Chip)

Enjoy Life cookies (in Wegmans Nature Market) (Snickerdoodle, Chocolate Chip, Double Chocolate Brownie)

So Delicious Dairy Free Frozen Mini Sandwiches (in Wegmans Nature Market) (Vanilla Non-Dairy Frozen Dessert-Made with Coconuts)

Trader Joes Soft Baked Snickerdoodle Cookies (Snickerdoodle flavor)

*PUNS is a dairy, peanut & nut free school

*all dry food items must be brought in sealed original package

*when purchasing snack, please read the ingredient list carefully as manufacturers can change these at any time. Look for

"allergy" alerts and any disclaimers such as/similar to: "MANUFACTURED IN A FACILITY THAT ALSO PROCESSES PEANUTS, TREE NUTS." Allergens can also be listed under names that are not as familiar, such as WHEY & CASEINATE (milk).

*all fruit & veggies must be packaged or brought in whole

*PUNS and the drafters of this document are not liable for any foreign or non-foreign items contained in any product on this list. The food provided shall be provided as is, without any warranties, including implied warranties of merchantability and fitness. There are no warranties, which extend beyond the face thereof.