

Providing healthy meals in the school setting is also a way to encourage children to form good lifelong eating habits. Our goal at Bear Valley Academy is to supply snacks that provide the nutrition that children need to grow, think, fight infection and fuel their growing bodies. We kindly request your partnership in our Healthy Habits environment by also using these suggestions when packing lunch for your sprouting human.

Please remember that Bear Valley Academy is a peanut free school!

SNACK SUGGESTIONS

Parents, please sign up to provide a healthy snack for your child's class once a month. Your child's teacher will have a snack sign up sheet available for you. We have already done the research for you! Below is a list of peanut free snack options:

General:

- Fresh Fruit*
- Fresh Vegetables*
- Kid Sized Yogurt*
- Cheese*

*We understand that it is not always readily available, but please choose organic for these items whenever possible!

Pretzels:

- Rold Gold Brand
- Kraft Handi-Snacks Mister Salty
- Pepperidge Farm Goldfish Pretzels
- Annie's Organic Pretzel Bunnies
- Annie's Organic Honey Wheat Pretzel Bunnies

Chips:

- Popchips – All Flavors
- Good Health Natural Foods – Veggie Chips or Veggie Stix
- Stacy's Pita Chips – Simply Naked or Cinnamon Sugar Flavor
- Pirates Booty – Aged White Cheddar Flavor
- Smart Puffs
- Pringles – Original and BBQ Flavors

Rice Snacks:

- Quaker Popped Rice Snacks - All Flavors

Popcorn:

- Smartfood – White Cheddar or Movie Theater Butter Flavor
- Wise – Original Butter or White Cheddar Flavor

Crackers:

- Triscuits – Original Flavor
- Wheat Thins – Original Flavor
- Nabisco Oyster Crackers
- Cheez-Its
- Cheez-Its Snack Mix
- Goldfish – Baby Cheddar, Cheddar, Parmesan, Saltine and Whole Grain Flavors
- Keebler Club
- Annie’s Cheddar Squares
- Annie’s White Cheddar Bunnies
- Annie’s Whole Wheat Cheddar Bunnies

Graham Crackers:

- Nabisco Grahams – Original
- Nabisco Honey Maid
- Annie’s Honey Bunny Grahams
- Annie’s Chocolate Bunny Grahams
- Annie’s Organic Honey Graham Crackers
- Annie’s Organic Cinnamon Graham Crackers
- Teddy Grahams - All Flavors

Cereals:

- Cascading Farms Cinnamon Crunch
- Cascading Farms Cinnamon Raisin Granola
- Cascading Farms Fruitful Oh’s
- Cascading Farms Granola Oats and Honey
- Cascading Farms Maple Brown Sugar
- General Mills Cheerios – Original, Apple Cinnamon, Fruity and Multigrain Flavors
- General Mills Chex – Corn, Rice and Wheat Flavors
- Kashi Autumn Wheat
- Kashi Blueberry Clusters
- Kashi Cinnamon Harvest
- Kashi Honey Sunshine
- Kashi Honey Toasted Oat
- Quaker Oats Life – Original, Cinnamon, Maple and Brown Sugar Flavors
- Quaker Oats Oatmeal Squares
- Quaker Oats Puffed Rice

Granola Bars:

- NutriGrain Cereal Bars – All Flavors
- Don't Go Nuts Nut-Free Organic Snack Bars – All Flavors (available on Amazon.com)

- Enjoy Life Baked Chewy Bars – All Flavors
- Special K Bars – Blueberry, Strawberry and Vanilla Crisp Flavors

Fruit Snacks/Dried Fruit:

- Bare Fruit all natural apple chips
- Annie’s Bunny Fruit Snacks
- Clif Kid Organic Twisted Fruit – Strawberry and Mixed Fruit Flavors

SPECIAL TREATS FOR BIRTHDAY & HOLIDAY PARTIES ONLY

Cookies:

- Keebler Vanilla Wafers
- Lorna Doone Shortbread
- Newtons – Original Fig, Fat-Free, Whole Grain, Strawberry and Raspberry Flavors
- Oreos – Original & Golden
- Enjoy Life Soft Baked Cookies – All Flavors

Cakes/Cupcakes:

- Kellogg’s Brand Rice Krispie Treats – Original Flavors
- Wal-Mart and Whole Foods sells cupcakes in the bakery section that are labeled "from a nut free facility."

Frozen Treats:

- Breyers Pure Fruit Bars – Strawberry, Orange and Raspberry Flavors
- Dole Fruit Bars – Strawberry, Grape and Raspberry Flavors
- Edy’s Fruit Bars – Strawberry and Lime Flavors
- Luigi’s Real Italian Ice – Cherry, Lemon, Mango and Watermelon Flavors

LUNCH SUGGESTIONS

Your child’s lunch needs to be ready to serve. We do not heat or refrigerate lunches. Don’t forget to send a napkin, any necessary utensils and a labeled water bottle.

Main Courses:

- Whole wheat bagel with cream cheese
- English muffin with marmalade, jam and/or almond butter
- Tuna salad, chicken salad, ham, turkey and/or cheese sandwiches
- Sliced bananas and almond butter on rice cakes
- Cottage cheese or cheese spread on celery or on cucumbers

Fruits and Vegetables:

- Bell pepper strips
- Celery
- Small salad in a container (w/fork)
- Cherry or grape tomatoes (cut in half)

- Kiwi (peeled and sliced)
- Olives
- Orange (peeled and ready to eat)
- Pineapple chunks
- Apple (sliced and ready to eat)
- Cubed watermelon
- Banana
- Dried fruit or raisins
- Seedless grapes (cut in half)
- Veggies with dip in a container

Peanut Butter Alternatives:

- Don't go Nuts Soy Butter Chocolate
- Don't go Nuts Soy Butter Cinnamon Sugar
- Don't go Nuts Soy Butter Lightly Sea Salted
- Don't go Nuts Soy Butter Pure Unsalted
- Don't go Nuts Soy Butter Light Sweet
- Serbs Sea Salted Butters Pumpkin
- Serbs Sea Salted Butters Pumpkin Sunflower
- Wow Butter Creamy
- Wow Butter Crunchy

Please limit sugary desserts, such as candy, cookies, pudding, Twinkies, etc.

If you have other peanut-free food suggestions or would like to schedule your complimentary menu planning session, please Jennifer@BearValleyAcademy.com.