

Dear Oak Ridge Parents:

Since our school is **PEANUT RESTRICTED** and all classrooms at Oak Ridge are completely **NUT FREE**, please review the attached information for clarification of what foods are allowed. Students cannot bring anything into school that contains peanuts. In their classrooms they cannot bring in anything including peanuts or tree nuts. **Please do not send in anything that contains peanuts or nuts in the list of ingredients.**

Thank you for making school safer for all students! SEE SNACK SUGGESTIONS ON BACK SIDE.

### Here are some helpful hints on reading ingredient labels:

Food that contains nuts or peanuts **in the ingredient list.**



**No**

*This type of food is restricted from our school since it contains peanuts. Tree Nuts are allowed only in the lunchroom.*

For example:

**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, WHOLE WHEAT, VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA), SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, CONTAINS 2% OR LESS OF: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CORN SYRUP, MALTODEXTRIN, RYE FLOUR, BAKING SODA, BARLEY MALT EXTRACT, MALT SYRUP, SPICES, COLOR ADDED, DISTILLED MONOGLYCERIDES, YELLOW CORN FLOUR, AUTOLYZED YEAST, TRISODIUM PHOSPHATE, CALCIUM CARBONATE, ONION, GARLIC, HYDROLYZED SOY PROTEIN, NATURAL FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE, MALT, ALMOND FLOUR, SESAME SEED, NONFAT MILK, PEANUT FLOUR. FRESHNESS PRESERVED BY BHT. **CONTAINS WHEAT, SOY, ALMOND, SESAME, MILK, AND PEANUT INGREDIENTS.**

This is an example of a product that contains peanut and almond and should not be eaten in the classroom and or the school.

Food that says “**May contain peanuts**” or “**May contain traces of peanuts...**”



**No**

*This type of food is restricted from our school since it contains or may contain peanuts.*

For example:

**INGREDIENTS:** Organic crispy rice (organic brown rice flour, organic evaporated cane juice, sea salt, organic molasses, organic rice bran extract), organic brown rice syrup, organic honey, organic peanut butter (organic peanuts), organic invert cane syrup, organic acacia gum, organic soy oil, organic corn starch.

**Produced in a facility that contains peanuts, tree nuts, soy & dairy.**

SYRUP, COLOR ADDED, EGG, MOLASSES, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR, GUM ARABIC, CORNSTARCH, CARNAUBA WAX, LIMONENE, YELLOW #5, BLUE #1, BLUE #1 LAKE, YELLOW #6 LAKE, YELLOW #5 LAKE, RED #40 LAKE, SOY LECITHIN, WHEY.

**CONTAINS WHEAT, SOY, MILK, AND EGG INGREDIENTS. MAY CONTAIN TRACES OF PEANUTS AND TREE NUTS.**

Food that is “**Made on equipment that processes nuts or peanuts**”. Or “**Made in a facility that processes nuts or peanuts**” Or “**Made in a factory that uses peanuts.**”



**YES**

*These are ok to eat in school.*

For example:

**INGREDIENTS:** SUGAR, ENRICHED UNBLEACHED AND BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CANOLA OIL AND/OR PALM OIL AND/OR PALM KERNEL OIL, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA AND/OR SODIUM ACID PYROPHOSPHATE AND/OR CALCIUM PHOSPHATE), CHOCOLATE, CORNSTARCH, EGG WHITES, SALT, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVOR, EGGS, CORN FLOUR, SOY LECITHIN (EMULSIFIER), MALIC ACID, SODIUM ALGINATE, TRICALCIUM PHOSPHATE, POTASSIUM SORBATE ADDED TO PRESERVE FRESHNESS, TRISODIUM PHOSPHATE. **ALLERGY INFORMATION: MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUTS AND TREE NUTS.**

**DISTRIBUTED BY:**  
KRAFT FOODS GLOBAL, INC.  
NORTHFIELD, IL 60093-2753 USA

**KRAFT** Kraft Foods

# Snacks ideas that do not usually contain peanuts or nuts

---

Just remember to **read the ingredient label** to make sure it does not contain peanuts or nuts.

---

## **Bread/Grain Ideas**

- Pita
- Muffins
- Mini bagel
- Matzo
- Whole wheat bun
- Bread sticks and butter
- Pretzels
- Popcorn
- Dry cereal
- Crackers

## **Dip and Spread Ideas**

- Hummus
- Dressing
- Ketchup
- Butter
- Jellies and jams
- Apple butter
- Sun Butter
- Nutella (ONLY to be eaten in lunchroom)

---

## **Veggie Ideas**

- Baby carrots
- Cucumber or pickle slices
- Olives
- Celery sticks
- Salad with side dressing
- Sugar snap peas
- Grape Tomatoes

## **Fruit Ideas**

- Cut up apples
- Melon balls or cubes
- Dried fruit chips and raisins
- Banana
- Clementines
- Mandarin oranges (drained of light syrup)
- Pineapple chunks
- Apple sauce
- Grapes

---

## **Cheese/Dairy & Deli**

- Cheese - slices, cubes, string, sticks
- Cottage Cheese, Cream Cheese
- Yogurt
- Ham, bologna, hotdog, salami, turkey (cubed, sliced, etc)
- Jell-O & pudding