

# GREAT MEADOWS REGIONAL SCHOOL DISTRICT OFFICE OF THE SCHOOL NURSE

Taylor Kanas, MSN, BSN, RN, CSN  
Phone: 908-637-4041 x 1203

Angela Esposito, BSN, RN  
Phone: 908-637-4349 x2206

## **APPROVED LIST OF FOODS FOR CLASSROOM CELEBRATIONS**

### **PLEASE BRING ALL FOOD IN THE ORIGINAL SEALED PACKAGING**

Rold Gold- Fat-free Tiny Twists, Honey Mustard Tiny Twists, Thins (all contain wheat)

UTZ chips- Baked Original, Baked Tangy BBQ, Baked Ripple Cut (contain soy and manufactured with milk) and Baked Sour Cream and Onion Ripple Cut (contain soy and milk)

Tostitos tortilla chips- SIMPLY Tostitos Yellow or Blue, Oven Baked Scoops, Original Restaurant Style

Skinny Pop- Original, black pepper, sweet, white cheddar (natural ingredients no milk) cheddar (contains milk)

Stacy's – Simply Naked, Multigrain, Cinnamon Sugar (contains wheat)

Tostitos - Mild Salsa

Wise-Spinach Dip

Goldfish- original (contains wheat and milk)

Cheese Sticks (contains milk)

Yoplait- Kids- (contains milk- variety of fruits)-*Please check with the school nurse for particular classroom fruit allergies prior to purchasing.*

MadeGood Granola Bars: apple cinnamon, chocolate chip, mixed berry, cookies & creme

Barnum Animal Crackers (contains wheat and soy)

Oreos- Regular and Golden (contains wheat and soy)

Rice Krispie Treats original only (contain milk and soy)

Teddy Grahams (contains wheat and soy)

Ritz Crackers (contains soy)

Annie's Orchard Fruit Bites OR Mott's Fruit Snacks- *Please check with the school nurse for particular classroom fruit allergies prior to purchasing.*

# GREAT MEADOWS REGIONAL SCHOOL DISTRICT OFFICE OF THE SCHOOL NURSE

Taylor Kanas, MSN, BSN, RN, CSN  
Phone: 908-637-4041 x 1203

Angela Esposito, BSN, RN  
Phone: 908-637-4349 x2206

Cheerios (contains wheat and gluten)

Rice Chex (contains wheat)

Applesauce

Gerbs Dried Fruit- (please check with the school nurse for students with allergies to fruits)

Fruit platters (*ONLY STORE BOUGHT PREPACKAGED*)- (please check with the school nurse for students with allergies to fruits)

Fruit dips (*MUST BE BRAND NEW and STORE BOUGHT WITH LABEL*)-(please check with the school nurse for students with allergies to fruits)

Vegetables trays (*MUST BE BRAND NEW and STORE BOUGHT WITH LABEL*)

Philly Pretzel Factory Regular salted pretzels (contains wheat, whey, sesame, and poppy)

Luigi and ICEE Ice Pops (please check with the school nurse for students with allergies to food dyes)

Suggested drinks: water, apple juice, apple cider

***Absolutely no nuts can be served.***

***Watch for foods made in a factory that produces peanut/nut products.***

***No candy allowed.***

***Sugar cannot be listed as the first ingredient in any food or drink.***

***Please check with the school nurse and/or classroom teachers prior to bringing in any of the above food items to ensure no allergies are present in your child's classroom.***

***If you wish to bring in any item aside from what is on the approved food list, you must reach out to your school nurse.***

*List is subject to change with the discretion and approval of the school nurse and administration only.*

**GREAT MEADOWS REGIONAL SCHOOL DISTRICT  
OFFICE OF THE SCHOOL NURSE**

Taylor Kanas, MSN, BSN, RN, CSN  
Phone: 908-637-4041 x 1203

Angela Esposito, BSN, RN  
Phone: 908-637-4349 x2206