



Memorial Elementary School

Montvale Public Schools

David Collier, *Principal*
Victoria Hickey, *Assistant Principal*
Nina Fasano, *Guidance Counselor*

August 2014

It's hard to believe that the end of summer is drawing near, and it's time to begin planning for the start of another school year. We begin to think about school supplies and prepare and plan for school lunches and snacks. As many of you know a great majority of Memorial School classrooms are peanut and tree nut free for the safety of our large population of allergic students. Our lunchroom remains peanut/tree nut friendly with nut free tables set aside, marked and specially monitored and cleaned for the safety of our students with nut allergies. In the first days of school please be looking out for correspondence regarding your child's classroom and food allergy restrictions. Also, nut free classroom signage will be incorporated this year, so that the students are reminded that their classrooms are nut free. It is good practice and greatly appreciated that you send your child with a "safe snack" for their classroom snack time. There is an excellent website **snacksafely.com** that I ask you to review when you plan your child's daily snacks, and reference when bringing any food in to the classroom for special celebrations. As you will see the snacksafely.com safe snack list is extensive and you'll certainly find a great variety for your child's snacks and classroom celebration ideas. I've attached an edited list of snacks that includes the more popular snack items you might give to your child, including a "safe" option for cupcakes and frosting for baking birthday treats. It is important to periodically check the website, because often manufacturers change their ingredients. I ask for your assistance and attention to this important health and safety related matter, and am happy to assist and guide in any way I can. Your care and concern for our student community is greatly appreciated.

Mrs. Dugan
School Nurse



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The following is a list of some more popular safe snacks, taken from snacksafely.com
**Please refer to the website for a full version of this list and for updates as product ingredients do change, and ALWAYS check your food labels.

CUPCAKE MIX & FROSTING

Duncan Hines – Classic yellow and classic chocolate cake mixes
Pillsbury Frosting- Creamy Supreme- classic white, vanilla, chocolate

PRETZELS

Utz Halloween Pretzel Treats
Utz Hard Pretzels
Utz Pretzel Sticks- cinnamon, country stix
Utz Pretzel varieties- butter waffle, nuggets, holiday shapes, rods
Utz Select Pretzels- Honey Wheat Braids
Bachman Pretzels- Twists, Butter Twist, mini bite size, thin N Right, Rods
Herr's- Extra thin, Rods, Whole grain Honey Wheat
Pepperidge Farm Goldfish Pretzels
Rold Gold- Thins, sticks, rods, tiny twists
ShopRite- mini, waffle, rods

CHIPS

Utz tortilla chips- Lowfat baked, organic, multigrain, restaurant style
Bachman tortilla chips- restaurant style, MultiGrain
Doritos-Nacho cheese, Cool ranch
Tostitos- Restaurant Style, scoops, crispy rounds, multigrain, multigrain scoops, bite size
Utz Potato Chips- Regular, BBQ, Sour Cream
Baked Ruffles- Original, cheddar and sour cream
Bakes Lays- original, sour cream and onion
Kettle Brand and Kettle Brand Baked- sea salt, sea salt and vinegar
Lays- classic, BBQ, sour cream and onion
Popchips- original, BBQ, cheddar, sour cream and onion
Pringles- original, reduced fat, bbq
Pringles- snack packs
ShopRite- original, crinkle cut, kettle chips



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POPCORN

Utz Popcorn- butter, cheese, white cheddar
Bachman- original, light
Smartfood- white cheddar, reduced fat, movie theater butter
Wise- original butter, white cheddar

Quaker Quakes Rice Snacks- caramel corn, ranch, sea salt & cracked black pepper, kettle corn, chocolate, sweet chili, cheddar cheese, sour cream & onion

Pirate's Booty Veggie, Aged white cheddar
Utz Cheese Balls
Cheetos- puffs, crunchy
Herr's baked cheese curls
Wise Cheez Doodles- puffed, o's and crunchy

FRUIT SNACKS

Betty Crocker Fruit roll ups
Betty Crocker Fruit by the Foot
Betty Crocker Fruit Snacks
Annie's Organic Bunny Fruit Snacks

CRACKERS

Cheese Nips
Cheez-it
Goldfish
Goldfish Grahams
ShopRite Saltines
ShopRite Cheese Crackers
ShopRite Oyster Crackers
Townhouse
Townhouse Toppers
Townhouse flipsides
Triscuts



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Wheat Thins
Keebler Grahams, Scooby Doo, bites
Nabisco Grahams, Honey Maid
ShopRite Grahams
Teddy Grahams

COOKIES

Barnum's Animal Crackers
Chips Ahoy
Keebler vanilla wafers
Lorna Doone Shortbread cookies
Nabisco 100 calorie packs- chips ahoy, lorna done
Nabisco Biscos sugar wafers
Nabisco Ginger snaps
Newtons- original fig, fat free, whole grain, strawberry, raspberry
Oreo- original, double stuff
ShopRite Scrunchy Animal Crackers
Nutri Grain Cereal Bars
Special K Bars
Kelloggs Original Rice Krispies Treats

FROZEN TREATS

Dole Fruit Bars
Luigi's Italian Ice
Marino's Italian Ice
ShopRite Red, White and Blue Pops
Minute Maid Juice Bars
Breyers Pure Fruit Bars
White Rose vanilla and chocolate ice cream cups