
BURLINGTON ELEMENTARY SCHOOL



Where Eagles Fly and Students Soar

*Kim Gilbert
Principal*

*Chris Roberts
Asst. Principal*

*Andie Hill
Psychologist*

*Stephanie Strausbaugh
School Counselor*

*Jennifer Hater
FRC Coordinator*

August 2018

Dear Parent/Guardian,

Approximately six million children in the U.S. under the age of 18 have a food allergy. Studies indicate that 16-18% of school-aged children with food allergies have had a reaction in school (Food Allergy Anaphylaxis Network). The number one ingredient of life-threatening level reactions in food is peanuts/tree nuts, which can be found in many unexpected food items. There are several other food allergies that some of our students must also avoid such as eggs, fish, milk or soy. In an effort to maintain a safe school environment for our students, Burlington Elementary School has recently approved updates to the Wellness Policy. The approved items are from the Snack Safely Guide <https://snacksafely.com/safe-snack-guide/> and this will serve as a guide for parents sending in snacks for classroom snack time or for the Fall and Winter celebrations. There will be some classrooms with further restrictions based on current student's health needs. This updated policy is attached and can be found on our website at http://www.boone.kyschools.us/school_home.aspx?schoolid=11.

You can help keep all students to be safe by following the policy.

- **If your child's classroom has a scheduled snack time, each student will need to supply their own snack.**
- **When you send an item from the approved snack list for the class to share, it will need to be packaged with the intact ingredient label. This will ensure the teacher can check for specific current student safety concerns.**
- **For the protection of instructional time, if you wish to send in something for your child's birthday, send non-food items ONLY for your child to share with the class. Colorful pencils, erasers, stickers, etc. make great treats.**
- **If teachers are planning educational opportunities involving food, a permission slip will be sent home for your consideration for your child's participation.**

Parents who send a cold lunch from home may continue to pack the foods of their choice for their child.

If you have any questions regarding the updated policy, please feel free to contact our office at 859-334-4440. A copy of the approved snack list is also attached for your reference.

Sincerely,
BES Team

BES Snack List 2018-2019

For use in classroom party supplies or parent supplied snacks for class snack time.

Please Note: Individual classroom teachers will make adjustments to list with school nurse guidance in the instance a student in the classroom has other food allergies.

*See notes below regarding food allergen considerations in compiling this list.

THE BELOW LIST IS IN ADDITION TO FAVORED CHOICES OF HEALTHY FRUITS AND VEGETABLES:

CHIPS:

Baked Ruffles – Original, Cheddar & Sour Cream
Baked Lay's – Original, Sour Cream & Onion, Parmesan and Tuscan Herb
Cape Cod – Original, Sour Cream & Green Onion
Kettle Brand – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
Kettle Brand Bakes – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
Lay's – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Honey Barbecue
Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream
Munchos
Sun Chips
Pringles – Original, Reduced Fat, BBQ
Pringles Snack Packs – Original, 100 Calorie Snack Packs Original

CORN CHIPS:

Utz Corn Chips
Utz Low Fat Baked Tortilla Chips
Utz Organic Tortilla Chips – Blue Corn, White Corn, Yellow Corn
Utz Tortilla Chips – Dippable, Multigrain, Restaurant Style, White Round, Yellow Round

POPCORN:

SkinnyPop Popcorn – Dusted Dark Chocolate, Jalapeno, Naturally Sweet, Original, Sea Salt & Black Pepper, White Cheddar, Aged White Cheddar, Pepper Jack
Smartfood – White Cheddar, Reduced Fat, Movie Theater Butter
Microwave Varieties - Pop Secret, Orville Redenbacher

RICE SNACKS

Quaker Quakes Rice Snacks – Caramel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

CHEESE/DAIRY SNACKS:

Utz Cheese Balls/Curls – Hot, Plain, Tabasco, White
Cheddar Goldfish 100 Calorie Pouches – Cheddar, Pretzel
Cheetos – Puffs, Puffs Honey BBQ, Crunchy, Flamin' Hot Crunchy, Baked
Cheese Nips – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
Goldfish – Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain
Goldfish Flavor Blasted – XPlosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion
Goldfish Mix-Up Adventures – Pretzel & Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza
String Cheese
Yogurt Cups/Tubes
Jello Gelatin/Pudding Cups

PRETZELS:

Utz Hard Pretzels
Utz Pretzels – Butter Waffle, Nuggets, Popz, Rods, Wheels, Sticks – Cinnamon, Country Stix
Utz Select Pretzel Sticks – Butter, Pumpnickel, Toasted Sesame – Extra Dark, Multigrain, Regular
Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip
Newman's Own – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
Nabisco 100 Calorie Mister Salty Pretzels – Milk Chocolate, Yogurt Flavored
Pepperidge Farm Goldfish Pretzels
Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels
Rold Gold – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic

GRAHAMS:

Cinnamon Grahams – Plain, Low Fat
Nabisco Grahams – Original
Nabisco Honeymaid Varieties
Teddy Graham Varieties

CRACKERS:

Kraft Handi-Snacks – Premium Breadsticks 'n Cheese Dip, Mister Salty Pretzels 'n Cheese Dip
 Nabisco 100 Calorie – Sweet & Salty Mix Kettle Flavor
 Nabisco 100 Calorie Nabisco Premium Saltines – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks
 Pepperidge Farm Baked Naturals Cracker Chips – Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain
 Pepperidge Farm Baked Naturals Cheese Crisps – Cheddar, Four Cheese Italian Herb
 Pepperidge Farm Baked Naturals Wheat Crisps – Toasted Wheat
 Pepperidge Farm Distinctive Crackers – Golden Butter
 Triscuit – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil,
 Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds
 Triscuit Minis – Original
 Triscuit Thin Crisps – Original, Parmesan Garlic, Four Cheeses, Chile Pepper
 Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil
 Wheat Thins Fiber Selects – 5 Grain, Garden Vegetable

COOKIES:

Barnum's Animal Crackers – Original
 Lorna Doone Shortbread Cookies
 Nabisco 100 Calorie Packs – Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps
 Nabisco Biscos Sugar Wafers – Creme Filling
 Nabisco Ginger Snaps
 Newtons – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
 Newtons Fruit Crisps – Apple Cinnamon
 Kellogg's Rice Krispie Treats
 Nilla Wafers
 Newtons Minis – Whole Grain Fig
 Oreos – Original, Double Stuff

CANDY:

Dum Dums – Assorted, Holiday Pops, Candy Canes
 Haribo Gummi Candies
 Jelly Belly Candy Canes – Tutti Frutti, Blueberry, and Watermelon,
 Very Cherry, Green Apple, and Orange
 Saf-T-Pops – Assorted
 Spangler Candy Canes
 Goetze's Candy Caramel Creams
 Goetze's Candy Cow Tales – Caramel Apple, Chocolate,
 Strawberry, Vanilla, Mini Cow Tales
 Smarties
 Charms Blow Pop Bubble gum, Blow Pops, Mini Pops, Pops,
 Sour Balls, Squares
 Dots
 Dubble Bubble Gumballs
 Airheads
 Junior Mint Deluxe, Junior Mints, Junior Caramels
 Sugar Daddy, Sugar Babies
 Andes Mints
 Wonka Candy - Nerds, Laffy Taffy, Pixie Stix, Fun Dip
 Sixlets Candies – Fruity
 Jolly Ranchers Hard Candy and Doubles
 Lifesavers Hard Candies and Gummies
 Milk Duds
 Andies Mints – All Varieties
 Campfire Marshmallows
 Push Pops
 Razzles
 Rolos
 Skittles
 Red Vines
 Sour Patch Kids/Sour Punch Straws
 Starburst - Fruit Chews, Gummies and
 Jelly Beans
 Twizzlers Varieties
 Hershey's Chocolate Bars/Kisses -
 Plain, Special Dark
 Tootsie Pop Drops, Pops and Rolls
 Kraft Caramels
 Sweet Tarts

FRUIT SNACKS:

Kellogg's Fruit Snack Varieties
 Betty Crocker Fruit Snack Varieties

ICE CREAM/FROZEN FRUIT BARS:

Dole Fruit Bars
 Luigi's Italian Ice
 Turkey Hill Ice Cream Sandwiches
 Kona Ice
 Minute Maid Juice Bars
 Breyers Pure Fruit Bars
 Breyers Ice Cream

According to the Safe Snack Guide (snacksafely.com), the products listed above do not list peanuts, tree nuts and eggs as ingredients on the label, there are no warnings on the label that the product may contain these allergens, and to the best of their knowledge these products are produced on lines where these allergens are not processed. Note that these items are not explicitly marketed free of these allergens, and that the information is gleaned primarily from periodic queries to their customer service facilities. Neither Snacksafely.com nor Burlington Elementary have a relationship with the respective manufacturers listed above.