

# Westminster Food Policy

Updated 7/31/2024

**We are a nut free school. This includes products processed on shared equipment. Please read labels carefully.**

All food must be brought in in unopened containers (individual containers are best, but you may bring in the big boxes/jars as long as they are unopened - teachers will send the leftovers home).

Clementines



Quaker Rice Crisps  
Apple Cinnamon,  
Caramel, Cheddar,  
or Chocolate



Apple Slices



Whole Grain  
Goldfish Crackers  
Bunny Crackers



Applesauce



Whole Grain  
Crackers



Yogurt



Bananas



Unopened  
Blueberries or  
Raspberries



Low-Fat  
String Cheese  
Or Cheese Cubes



Whole  
Grain  
Cereals



Corn,  
Rice, or  
Chocolate  
Chex;  
Cheerios

Nature's Bakery  
Fig Bars



Pirates Booty



Veggie Straws



SNYDERS  
Mini-Pretzels



Graham  
Crackers



Our updated policy reflects the original goal of keeping a safe and healthy environment for our children. It also gives children with allergies the opportunity to see teachers model the very important life skill of **reading labels** and checking food to see if it is appropriate for them. And, it gives us an additional opportunity to discuss how we are all different!

For your additional info: Please note that the grain serving size for Pre-K and Pre-School age children set by the Department of Health is 2 oz., so one box is perfect!

# Reasonably Healthy Party/Special Day Snack List

Updated 7/31/2024

We are a **nut-free** school.

This includes products processed on **shared equipment**.

**Please read labels carefully.**

For Birthday/Holiday/Special Class Celebrations/Parties:

## Popsicles/Fruit Bars



## Favorite Day Mini Cupcakes/Cookies (Target)



## Nature's Bakery Double Chocolate Brownies



## Abe's Mini-Muffins



## Nilla Wafers



## Nabisco Teddy Grahams - Honey



## Made Good Mini Chocolate Chips



## The Pie Place: Cake Pops, Sugar Cookies, Mini Cupcakes\*



\* You must call The Pie Place at least 24 hours in advance and tell them you are ordering for a nut-free preschool.

## 100% Fruit Juice



## Oreos

