

Jan. 2, 2007

## Allergy Alert!

The Joy of Learning is becoming a nut-free school! We have a student who is dangerously allergic to nuts (including the oily residue of nuts). We have revised our snack list. Please read it carefully before sending your class snack.

### NUT-FREE SNACK LIST

Pretzels

Popcorn

Cheddar cheese cubes

Whole grain crackers

Celery with cream cheese

Carrots with Ranch dip

Applesauce

Raisins

Sliced apples with yogurt dip

Dry cereal (Cheerios, Chex, Kix, Mini-Wheat)

Oatmeal cookies

Yogurt

Fruit (sliced Bananas, strawberries, cantaloupe, oranges, etc.)

Animal crackers

Hard-boiled eggs

Muffins

Graham crackers

Goldfish crackers

Rice cakes

Sliced cucumber with hummus

Mini bagels with cream cheese

- \* Please check your snack ingredients carefully for nuts! Even items manufactured in a facility that processes peanuts & nuts, will not be allowed at the Joy of Learning.

