

Montessori School of Schenectady  
2026/27 Safe Food List

\*Please note we are a **PEANUT FREE** School\*  
Snack foods must also be free of **EGG and Tree Nuts**

CRACKERS

- Wheat Thins
- Triscuits
- Tortilla chips
- Sea Salt Veggie straws
- Goldfish Crackers
- Snyder's Pretzels
- Graham Crackers
- Pirate Booty
- Rice Cakes

CEREALS

- Chex (rice or corn)
- Kix
- Cheerios

MISCELLANEOUS

- Yogurt (not squeezable)
- Apple sauces (no pouch)
- Plain hummus
- Cheese

FRUITS

- Clementines
- Bananas
- Apples
- Watermelon
- Cantaloupe or other melon
- Strawberries
- Berries
- Grapes (cut up for Toddler)
- Pears

VEGETABLES

- Red peppers
- Baby carrots
- Cucumbers (1 for toddler)
- Cherry tomatoes