

Montessori School of Schenectady
2023/24 Safe Food List

*Please note we are a **PEANUT, TREE NUT FREE** School*

Snack foods must also be free of **EGG, DAIRY, SOY, SUNFLOWER SEEDS, AVOCADO, PEACHES AND KIWI**

Thank you for keeping our students safe.

- Snyder's mini pretzels (plain/unflavored)
- **Ritz crackers (Original flavor)**
- **Raisins**
- Wheat thins (Original flavor)
- **Triscuits (Original flavor)**
- Original unflavored Tortilla Chips
- **Sensible Portions Veggie Straws (Sea Salt flavor)**
- Applesauce
- **Cheerios**
- Strawberry or Berry Blend Good and Gather Fruit Strips
(NO PEACH OR KIWI)
- **Chex Cereal - Rice or Corn**
- Made Good Brand products
- **Craisins**
- Partake Brand Products
- **Enjoy Life Brand Products**
- That's It Fruit Bars (Apple Strawberry or Apple Mango)

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