

APPROVED IN-SCHOOL ELEMENTARY EVENTS SNACK LIST

*This list is for identifying foods that contain 9 major proteins that trigger allergic reactions. These allergens include peanuts, tree nuts, wheat, milk, egg, fish, shellfish, soy, and sesame. Some products may be made in a facility and/or on shared lines with an allergen and may need to be further vetted.

*Syosset Central School District recommends taking into consideration snack safety for students with special needs, extra special diets, and/or age appropriateness, in addition to food allergies. Gelatin is an animal-derived protein, please be mindful of this for dietary restrictions to meat products.

*Secondary students are better able to advocate and to make safe choices regarding their individual allergies and dietary restrictions and therefore are not held to choosing from the foods on this document.

***Please note that “Goodie Bags” (regardless of contents) are not permitted and food items must be in original sealed packaging for safety reasons.**

***Important: This list is up-to-date as of October 2025 and caution should be used with the selection of any food product as manufacturing processes can and do change over time.**

*GF indicates the item does **not** contain gluten

Bagels and Toppings	Allergy Restriction
Lenders Bagels *Plain	Wheat, Soy
Philadelphia Original Cream Cheese *GF	Milk
Tofutti Better Than Cream Cheese *Plain *GF	Soy
Bakehouse Gluten Free Bagels *Plain *GF	Egg
Udi's Gluten Free Bagels *Plain *GF	Egg
Candy, Cookies, and Sweets	Allergy Restriction
Betty Crocker /General Mills Fruit by the Foot *GF	Pear Puree
Betty Crocker/General Mills Fruit Roll Ups Strawberry *GF	Pear Puree
Betty Crocker/ General Mills Gushers Variety Pack *GF	Pear Puree
Chips Ahoy Chocolate Chip Cookies Original	Wheat, Milk, Soy
Dandies Marshmallows *GF, Gelatin Free Item	Soy
Enjoy Life Brownie Bites- any flavor *GF	
Enjoy Life Chewy Bars - any flavor *GF	
Enjoy Life Cookies- any flavor *GF	
Enjoy Life Semi-Sweet Chocolate Mini Chips *GF	
Fig Newton Single Serve	Wheat, Milk, Soy
Hershey Chocolate Bar (full size only 1.55 oz) *GF	Milk, Soy
Hershey Chocolate Kisses *GF	Milk, Soy
Homefree Chocolate Chip Mini Cookies *GF	Pear Juice Concentrate
Homefree Vanilla Cookies *GF	Lemon/Pear Juice Concentrate *Made on shared line with Soy Lecithin

Hostess Donettes (powdered sugar or frosted)	Barley, Wheat, Milk, Egg, Soy
Jet-Puffed Marshmallows *GF	Gelatin
Kellogg's Rice Krispie Treats	Gelatin, Milk, Soy, Gluten (Malt Flavor)
Made Good Cookies- any flavor *GF	
Made Good Crispy Squares - any flavor *GF	
Made Good Granola Bars - any flavor *GF	
OREOs - Original, Double Stuffed, OREO Minis, Thins	Wheat, Soy
OREOs - Gluten Free *GF	Soy
Partake Cookies- any flavor *GF	
Skittles (original)	
Sour Patch Kids (original)	
Swedish Fish *GF	
Teddy Grahams	Wheat, Soy
Treasure Mills/School Safe Cupcakes, Cookies or Mini Bars- any flavor	Wheat, Egg, Soy
Twizzlers	Wheat, Soy
Frozen Treats and Toppings	Allergy Restriction
A La Mode Ice Cream Cups/Pints: Vanilla	Milk <i>Made in a facility that contains Wheat and Soy</i>
A La Mode Ice Cream Cups/Pints: Chocolate, Wired, Pink Sprinkle, Partly Cloudy, Speed Bump	Milk, Soy <i>Made in a facility that contains Wheat</i>
A La Mode Ice Cream Cups/Pints: Cooks	Milk, Wheat, Soy
Breyers Natural Vanilla or Chocolate Ice Cream	Milk
Hershey Chocolate Syrup *GF	<i>Made in a facility that contains milk, peanuts/tree nuts, eggs, soy, wheat.</i>
Hood Ice Cream Sandwich	Wheat, Milk, Soy
Luigi's Italian Ices *GF	Contains real fruit juice.
Marino's Italian Ices: Watermelon, Lemon, Cherry, Chocolate *GF	Soy protein
PhillySwirl Swirl Stix and SwirlCups *GF	
Popsicle Ice Pops (Classic Orange, Cherry, Grape flavor)	
Reddi Wip Whipped Topping Original *GF	Milk
Rich's Chocolate & Vanilla Ice Cream Cup *GF	Milk
Tofutti Cuties Frozen Sandwiches (vanilla or chocolate)	Wheat, Soy
Fruits and Vegetables	Allergy Restriction
Fresh Fruit and Vegetables (store bought and commercially pre- packaged) *GF	Use caution with allergies and choking hazard
Fruit cups: Del Monte, Dole *GF	
Mott's Applesauce Cups (apple or cinnamon flavors) *GF	

Pudding, Jell-O, and Yogurts	Allergy Restriction
Jell-O Gelatin (strawberry, cherry)	Gelatin, Soy
Jell-O Original Chocolate/Vanilla Pudding Snacks *GF	Milk
Snack Pack Chocolate/Vanilla Pudding *GF	Milk
Snack Pack Juicy Gels (strawberry or orange) *GF	
Stonyfield O'Soy Yogurt (vanilla or berry flavors) *GF	Soy
Stonyfield Yogurt (vanilla or berry flavor) *GF	Milk, Fruit
Salty Snacks	Allergy Restriction
Cheez Doodles Baked Puffs	Milk
Cheez Its Original	Wheat, Milk, Soy
Fritos Corn Chips *GF	
Goldfish Crackers-Pepperidge Farm (original, cheddar or rainbow colors)	Wheat, Milk, Soy
Herr's Original Potato Stix *GF	Soy
Lay's Classic Potato Chips *GF	Soy
Keystone Veggie Sticks *GF	
Popcorners Kettle Corn *GF	Made in a facility with dairy
Popcorners White Cheddar *GF	Milk
Ritz Crackers	Wheat, Soy
Rold Gold Pretzels	Wheat, Malt
Ruffles Original Potato Chips *GF	Soy
Skinny Pop Popcorn Original and White Cheddar *GF	
Snyder's Gluten Free Pretzels *GF	Soy
Wise Classic Plain Potato Chips *GF	Soy

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