

Peanut Safe Information

(INCLUDING LUNCH & BIRTHDAY CELEBRATION IDEAS)



LUNCH IDEAS

Cold Sandwiches

Ham and cheese
Turkey or turkey salad
Chicken or chicken salad
Tuna or tuna salad
Cold cut meats
Egg
Jelly
Cream cheese and jelly
Soy nut butter and jelly
Cheese
Hummus

Canned Fruit

Applesauce
Peaches
Pears
Pineapples
Fruit cocktail (**beware**-grapes are a choking hazard for infants and toddlers if not cut up)

Fresh/Dried Fruit

Cantaloupe
Strawberries
Oranges
Apples
Peaches
Honeydew melon
Plums
Pears
Fruit salad
Blueberries
Grapes (**beware**-choking hazard for infants and toddlers if not cut up)
Raisins (**beware**-all dried fruits are a choking hazard for infants and toddlers)

Vegetables

Raw or cooked vegetables
Cucumber slices/sticks
Carrot & celery sticks
(**beware**-cook until soft to avoid choking hazard)

Breads

Whole wheat
Rye
Banana (without nuts)
Oatmeal
Zucchini
Carrot
Muffins
French toast
Bagels
Pancakes
Raisin (**beware**-choking hazard for infants and toddlers)

Miscellaneous

Pretzels
Goldfish crackers
Saltines
Salad
Ritz crackers
Yogurt
Cottage cheese
Hard boiled eggs
Soup/stew
Fish sticks
Pizza
Tofu
Cheese sticks
Bread sticks
Hamburger
Grilled cheese
Meatloaf
Quiche
Cheese and crackers
Hot dogs
(**beware**-must be cut vertically and horizontally to avoid choking)

Pasta

Macaroni and cheese
Spaghettios
Ravioli
Beefaroni
Noodles with butter
Lasagna
Tortellini (**beware**-cut in half to avoid choking)

How to read a label for a Peanut/Trenut Free Diet:

Please be sure to always AVOID:

Peanuts
Peanut oil
Cold pressed peanut oil
Peanut butter
Peanut flour
Cashews
Almonds
Walnuts
Pistachios
Mixed Nuts
Pine nuts/pinyon nuts
Nut paste
Marzipan/almond paste
Macadamia nuts
Hickory nuts
Nougat
Chestnuts
Filbert/hazelnuts
Nu-Nuts flavored nuts
Ground nuts
Beer nuts
Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in candy)

Foods that may contain peanut protein include:

African dishes
Chinese dishes
Thai dishes
Baked goods
Candy
Chili
Chocolate
Barbeque sauce
Cereal
Crackers
Ice cream

****Please read all labels carefully to avoid exposure.****

BIRTHDAY RESOURCES

Safe Cake Mixes

Pillsbury

Funfetti
Dark chocolate
Devil's food
White
Yellow
Butter recipe

Betty Crocker

Germn. chocolate
Yellow
3X Chocolate Fudge
Devil's food
White
Cherry chip
Party rainbow
Angelfood

UNSAFE Cake Mixes

ALL Duncan Hines mixes.

Any mix that list any nuts in the ingredients, or state on their packaging "may contain (traces) of nuts."

UNSAFE Frostings

ALL Betty Crocker frostings

Pillsbury

Chocolate Walnut
Vanilla Almond

Safe Frostings

Pillsbury
Confetti Funfetti
Chocolate fudge
Pink vanilla funfetti
Cream cheese

Betty Crocker
Milk chocolate
Chocolate
Rainbow chip
3X chocolate fudge chip
Vanilla chocolate chip
Strawberry
Butter cream
Cherry
Caramel
White

When sending a baked good to school, please keep in mind the following:

We have a peanut safe cake and frosting recipe from scratch!

If you choose to use a boxed mix to bake at home, please bring in the box and frosting container containing the ingredients and nutritional information listed on it.

Feel free to bring the boxed mix, frosting, and all ingredients into school, and we can bake it with the children. It not only provides educational merit for the children, but its also a special way to celebrate your child's birthday!

We can not accept any baked goods (cookies, cupcakes, cakes, etc.) from bakeries.

Peanut - Free Birthday Cake Recipe

Vanilla Cake

3 cups cake flour
1 $\frac{3}{4}$ cups sugar
1 $\frac{1}{4}$ cups water
 $\frac{1}{2}$ cup shortening
3 tbsp. of oil, 3 tbsp. of water, 2 tbsp. of baking powder all mixed together
1 $\frac{1}{2}$ tsp salt
1 $\frac{1}{2}$ tsp vanilla extract

Preheat oven to 350 degrees. Grease and flour 2 cake pans. In a large bowl combine all ingredients. Using an electric mixer, beat until well mixed; approximately 4 minutes. Pour batter into cake pans. Bake for 40-45 minutes; until cake tester inserted into the center of cake is clean. Cool in pans for 20 minutes before removing to wire racks. Frost when completely cooled.

Vanilla Silk Frosting

3 cups confectioner's sugar
 $\frac{1}{2}$ cup margarine/butter; softened
3 tbsp. water
1 tsp vanilla extract

In a large bowl combine all ingredients until smooth. You may want to add food coloring to tint the frosting.

****Please note that you may add a baker's cocoa to the batter or frosting as long as it does NOT contain peanuts, peanut oils, or peanut flour in the ingredients. Please also read the label to be sure it was not exposed to these peanut products during manufacturing.**

Confirmed Peanut Safe Foods

ACT II Light Microwave popcorn
Aunt Jemima corn meal
Aunt Jemima frozen pancakes
Barilla pasta sauce
Breads – white and pita (please read labels for all wheat and multi-grain breads)
Burger King
Cheerios (original)
Chef Boyardee canned pasta
Classico pasta sauce
Canned fruit in natural juices
Eggo waffles (homestyle original flavor)
Fig newtons
Green Giant frozen rice medley
Green Giant frozen veggies (peas, niblet corn, asparagus, spinach)
Green Giant frozen veggies in butter sauce (peas, corn, niblet corn, asparagus, spinach)
Jax cheese puffs
Keebler Town House butter crackers
Keebler graham crackers
Kellogg's Rice Krispie Treats (factory made only)
Kellogg's Corn Pops
Kix cereal
Kraft macaroni and cheese
Land O Lakes cheese
Miracle Whip light salad dressings
Motts applesauce
Nabisco Nilla wafers
Nabisco Oreo cookies
Nabisco Arrowroot cookies and biscuits
Nabisco Barnum's animal crackers
Nutra Grain cereal bars
Pepperidge Farm goldfish crackers
Pepperidge Farm oyster crackers
Ragu pasta sauce
Ritz crackers
Ruffles reduced fat potato chips
Saltines
Snyder's pretzel rods
Soy nut butter
Sunshine cheez-its and reduced fat cheez-its
Sysco applesauce
Sysco apricot sauce
Sysco buttermilk (heat and serve) pancakes
Sysco corn meal
Sysco pancake and waffle syrup
Sysco pineapples
Wheat thins
Yogurt – plain and fruit blends

Confirmed Peanut UNSAFE Foods

All foods containing any peanuts, peanut oil, or peanut flour

Austin cheese crackers
Bob the builder fruit snacks
Brach's fruit snacks – all varieties
Bread – multigrain/ wheat (please read all labels)
Cheerios (honey nut flavor)
Cheese Nips – low fat
Chips Ahoy candy blast cookies
Duncan Hines cakes mixes – all varieties
Dunkin Donut Food Products
Famous Amos cookies – all varieties
Farley brand candy corns
French's yellow mustard
General Mills Milk n' Cereal bars – all varieties
House Recipe tomato ketchup
Keebler cookies – all varieties
Keebler Graham-n-go mix – all varieties
Keebler sandwich crackers – all varieties
Kit Kat candy bars
Kudos granola bars – all varieties
Lance cookies – all varieties
Maypo maple oatmeal
Murray cookies – all varieties
Nabisco Lorna Doones
Nature Valley granola bars – all varieties
Orville Redenbacher rice cakes – all varieties
Ore Ida frozen potatoes
Pepperidge Farm decadent chocolate cookies
Pepperidge Farm holiday cookies
Pepperidge Farm Pirouette cookies
Pepperidge Farm specialty collection cookies
Quaker chewy granola bars – all varieties
Quaker rice cakes – all varieties
Ritz bitz – all varieties
Ritz bitz sandwich bitz – all varieties
Stella Dora cookies
Sunmaid honey raisin bran muffin mix
Sysco Blueberry muffins
Sysco Chocolate chip cookies
Sysco Oatmeal cookies
Sysco Southern Style Buttermilk biscuits mix
Sysco Vanilla pudding

Please let us know if there are any items that you know of that are peanut SAFE or UNSAFE that can be added to our lists. Your ideas are always welcome.