

## Extended Care Program - List of Foods Served

Should your child have a specific allergy to any of the following:

*Please highlight those items they should not have & return to me immediately!!*

Thank you for your cooperation. Ms. Angela

Childs name: \_\_\_\_\_

Grade: \_\_\_\_\_

Wheat bread, Whole wheat, White bread  
English muffins, Bagels (regular, raisin, and cinnamon & brown sugar)  
Ego waffles, French toast (homemade), Pancakes (mix w/ water)  
Pop tarts (brown sugar, strawberry & chocolate)  
Oatmeal (plain...usually mix w/brown sugar)  
Cereal: Frosted Flakes, Cheerios, Frosted Mini-Wheats, Fruit Loops, Cocoa Puffs  
Cinnamon Rolls  
Peanut Butter Butter Jelly: Grape & Strawberry Phil. Cream cheese  
Cookies: "Nilla" Wafers, Choc. Chip, Oatmeal Raisin, Vanilla Crème Sandwich  
Cookies  
Granola Bars: Choc. Chip, Peanut Butter, Smores  
Popcorn (microwavable)  
Raisins, Grapes, Apples, Pineapple, Cantelope, Honeydew Melon, Mandarin Oranges  
Fun fruits  
Yogurt, Jell-O cups, Applesauce cups, Pudding cups, Fruit cups (variety of kinds)  
Bacon (microwavable) & Eggs (scrambled)  
Milk 2 %, Orange Juice, Sunny D, Apple Juice, Bottled Water, Lemonade & Pink  
Lemonade  
String Cheese (mozzarella) & Cheddar cheese cubes  
Syrup, powdered sugar, cinnamon, cinnamon-sugar, real vanilla  
Chex mix (usually), Dorittos (occasionally)  
Cheese Its (usually), Goldfish (occasionally), & Pretzel rods  
Saltines, Ritz Crackers, Club Crackers, Graham Crackers & Cinnamon Graham  
Crackers  
Animal Crackers (states that there is a trace amount of peanut...contained within)

### Occasionally we do the following:

Ice Cream Social (with all the fixin's), Pushup's & freeze pops  
Cake, Brownies, Cupcakes, Banana Bread, Corn Bread  
Sausage w/crackers  
M&M's (very seldom - must be a real special occasion or a Friday)

Please make note that every Friday is hot breakfast day. This consists of one of the following: pancakes, French toast sticks or cinnamon rolls with scrambled eggs and bacon. Unless it is a half-day of school; dismissal time of 11:30 am.