

Washington, D.C. Bus Snack List

Please be aware that there are students that have food allergies. Please consider this when packing snacks. There are eight foods that cause the majority of reactions: peanuts, tree nuts, milk, egg, wheat, soy, and fish/shellfish. The peanut and tree nut allergies are most common. Students will be in close proximity on the bus. **Because of the odor, oils, and sticky consistency of peanuts, tree nuts, and nut butters, we are requesting that snacks containing them not be consumed on the bus.** A list of potential snacks has been included for your convenience. Thank you for your consideration of the safety of all students.

Because product formulations can change at any time, we encourage you to check the ingredient statement on each package you purchase for the most up-to-date information on the ingredients.

All students with food allergies should only bring snacks that they know are safe and should not share snacks with friends.

- Applesauce (in a pouch)
- Belvita Breakfast Biscuits
- Candy: Starbursts, Smarties, Skittles, Laffy Taffy, Sprees, Hot Tamales, Mike and Ikes, TicTacs, Airheads, Mentos, Life Savers, Dum Dums, Sour Patch Kids, Sweedish Fish, Gummy Bears, Jolly Ranchers
- Cereal: Chex, Cheerios, Corn Pops, Cookie Crisp, Fruit Loops, Frosted Flakes, Cocoa Puffs, Kix, Oatmeal Squares, Frosted Mini Wheats
- Chewing Gum
- Cookies: Lorna Doones, Oreos, Fruit Newtons, Lucy's Brand
- Corn and potato chips (prepped in vegetable or corn oil)
- Crackers: Wheat Thins, Triscuits, Oyster Crackers, Saltines, Ritz
- Dried Fruit
- Fresh Fruit or Vegetables
- Fruit Snacks
- Graham Crackers, Teddy Grahams
- Pita Bites
- Pop- Tarts
- Pre-popped Popcorn
- Pretzels

To avoid potential sticky mess, only bottled water to drink on the bus!