

River Forest District 90
Quick Reference Guide for Food at School

<p>#1 Lunch/Lunchroom</p> <ul style="list-style-type: none"> • Children are permitted to bring personal lunches of their choosing. • Children are not permitted to trade or exchange food items. • Allergen-safe tables/areas will be designated. • FLIP and lunch clubs are nut-free at Lincoln/Willard. • Common spaces except the lunchroom are also nut-free as needed. 	<p>#2 Daily Classroom Snacks</p> <ul style="list-style-type: none"> • Children may only bring healthy snacks. • Children are not allowed to trade or exchange food items. • For a classroom with allergy needs present, there may be restrictions on snack foods students bring to school. • Every classroom is nut-free, and snacks are made from a nut-free facility.
<p>#3 Classroom and Grade Level Parties</p> <ul style="list-style-type: none"> • All food items must be commercially prepared. • An ingredients list must be provided along with each food item. • No homemade treats or snacks are allowed. • A list of banned foods, based on specific allergies in specific classrooms, will be provided by the School Nurse to parent organizers of class and grade level parties. 	<p>#4 Curriculum-Related Food Events</p> <ul style="list-style-type: none"> • Allergen-safe food will be substituted whenever possible. • Parents of a student with an allergy will be informed of activities in advance and return permission slips to participate. • Ingredient lists must be provided. • Precautions/procedures must be followed for students with life-threatening allergies. • Administrative approval; consultation with School Nurse.
<p>#5 PTO Events</p> <ul style="list-style-type: none"> • Includes events that are outside of school hours. • Allergen-safe foods will be substituted whenever possible. • Listing of foods to be served will be provided in advance of the event. • Ingredient lists will be provided at the event and/or upon request. • Compliance with allergy restrictions for specific rooms/spaces must be adhered to. • PTO events during the school day (i.e., Fun Lunch) and which bear a cost to parents, must follow ISBE's meal/"Smart Snack" guidelines. 	

Acceptable Food and Snacks for Parties

1. Fruits (pre-packaged only for parties)
2. Vegetables (pre-packaged only for parties)
3. Cheese (pre-packaged only for parties)
4. Acceptable crackers: (pre-packaged preferred)
 - Pepperidge Farm Goldfish
 - Rold Gold Pretzels
 - Annie's Organic Bunny/Cheese Snacks

Other Acceptable Snacks

1. Fruits, Veggies, and Cheese
2. Skinny Pop
3. Yogurt (nut free)
4. Quaker Quakes Rice Snacks
5. Nabisco Graham Snacks
6. Teddy Grahams
7. Enjoy Life and Made Good Granola Bars

*Pre-packaged snacks preferred for parties

*Pre-packaged snacks preferred

*Classroom allergy list supersedes this list. Refer to classroom allergy list for additional information