



revised 6.12.24

Recital Acceptable Snacks List

(Dress Rehearsals and Performances)

PLEASE CHECK the bottom of packages, under the ingredients list, for the word "**contains**" in bold letters... That will be where the allergens are listed!!
(nuts, milk, egg, wheat, etc)!!

Here are snack ideas that do not contain milk, eggs, or nuts:

1. **Fruits and Vegetables: **

- Fresh fruit (apples, bananas, oranges)
- Dried fruit (raisins, apricots, cranberries)
- Veggie sticks (carrots, celery, bell peppers)
- Applesauce

2. **Grains and Seeds: ** (check labels for allergens)

- Rice cakes
- Pretzels
- Plain crackers (e.g., saltines)
- Corn chips or tortilla chips
- Goldfish (*Approved by family of milk allergen*)

3. **Baked Goods and Sweets: ** (check labels for allergens)

- Dairy-free and egg-free cookies

4. **Legumes and Seeds: ** (check labels for allergens)

- Sunflower seeds or pumpkin seeds

5. **Packaged Snacks: ** (check labels for allergens)

- Certain brands of granola bars
- Fruit snacks or fruit leathers

Always make sure to check labels
for potential cross-contamination & hidden ingredients.