

Roncalli Elementary School

130 Airport Heights Drive
St. John's, Newfoundland
A1A 4Z7

Telephone: (709)576-4731

Fax: (709)576-0087

Website: <http://www.res.k12.nf.ca>

Principal: Craig Tremblett

Assistant Principal: Debbie Smith

Egg Free List

Crackers/Cookies

Goldfish

P.C. Little Penguins (P.C. Little Penguins soft cookies NOT OKAY as they contain egg)

Kraft Dinner crackers

Ritz Crackers

Bear Paw Crackers, Bear Paw Minis, Bear Paws Cereal & Fruit Filled Cookies (Regular Bear Paws Soft Cookies NOT OKAY as they contain egg)

Triscuits Crackers

Cheese Bits

Cheese Nips

Dare Breton Crackers

Dare Simple Pleasures Cookies

Honey Maid Honey Graham Wafers

No Name Honey Graham Wafers

P.C. Mini Chefs Lunch Box Pack

Mr. Christies Snak Pak including Soft Baked

Mini Chips Ahoy Rainbow (regular sized Chips Ahoy Original and Rainbow NOT okay as they contain egg)

Thinsations Chips Ahoy

Mr. Christies Chips Ahoy

Oreo Cookies (Oreo Cakesters NOT OKAY as they contain egg)

Mr. Fudgey and Mr. Maple (Mr. Chippy NOT OKAY as they contain egg)

Boxed Snacks

Poptarts

Rice Crispie Squares

Dunkaroos

Kraft Handisnacks

No Name (dominion) Handisnacks

All Fruit Snacks (candy type) ie Fruit by the Foot, RealFruit Minis, Welch's, etc

Cereal and Granola Bars

Special K Chocolatey Delight, Strawberry (other flavours NOT OKAY as they contain peanuts ie chocolatey crunch or almonds & peanuts)

Quaker Dipps, Quaker Chewy –peanut free selection

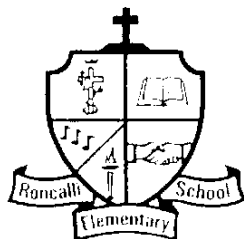
P.C, Dipped & Chewy Bars and Rich & Chewy Bars- peanut free selection

Nutrigrain Bars (P.C. Whole Grain Cereal Bars NOT OKAY as they contain egg)

P.C. Blue Menu Chewy Bars

Cereals

Sugar Crisp, Alpha Bits, French Toast Crunch, Honeycomb, Corn Pops, Captain Crunch
Fruit Loops, P.C. Fruity Os, Frosted Flakes, Corn Bran Squares, Nesquik Cereal, Oatmeal
Squares, Shreddies, Life, Cinnamon Toast Crunch, Rice Crispies, Lucky Charms
Mini Wheats, Raisin Bran, Shedded Wheat, Apple Cinnamon and Multigrain Cheerios
P.C. Multigrain Os with Inulin



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Bread

P.C. Bagels

Country Harvest Bagel

Dempsters and Bens Bread (Wonder Bread NOT OKAY as it contains egg)

Other

Jello

Pudding

Dream Whip

Jam

Cheez Whiz

Cool Whip

Raisins

Yogurt

Minigo

Any cheese

Sour Cream

Summer Fresh Hummus

Fontaine Sante Hummus (Costco)

All Vachon Cakes, store bought and homemade cakes, muffins, etc contains egg and therefore NOT a suitable food item. A suitable substitution would be homemade products made using POWDERED egg replacer (eg Pane Riso) found in the organic section of the grocery store. Liquid egg replacer NOT OKAY as it contains egg.

All mayonnaise (including Miracle Whip) contains egg and therefore NOT a suitable food item. A suitable substitution would be Nayoanaisse found in the organic section. Other suitable substitutions for use on sandwiches include butter or mustard.

MOST creamy dips and salad dressings (eg. Ranch, Ceasar, Thousand Island, etc) contain egg and therefore are NOT a suitable food item. A suitable substitution would be sour cream with added Club House POWDERED ranch style dressing.

