



San Ramon Valley Unified School District
Quail Run Elementary School
4000 Goldenbay Avenue
San Ramon, CA 94582
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Carol Loflin
Principal

Dear Families,

We have many children attending Quail Run Elementary who have life-threatening allergies to nuts. These children could suffer a severe allergic reaction and might go into anaphylactic shock if nuts or nut products are eaten. Anaphylactic shock can prove fatal if first aid is not given immediately.

Each day in the lunchroom we will provide a “Peanut Free Table” for students with peanut allergies. In the spirit of a caring community, we also ask that you avoid using peanuts and other nut products as much as possible, when preparing snacks or lunch for school. Please make sure that your child’s face and hands are washed thoroughly after breakfast if they have eaten any nut products. We appreciate your support of our students and their needs.

A partial, and far from comprehensive, example of foods and products that contain or may contain nut products is listed below. Some products which do not specifically list nut products as an ingredient may be at risk due to cross-contamination of shared utensils or cooking equipment. These foods will often state that the item was prepared in a facility that uses nuts (Regular M& M candy is an example).

Any form of nuts	Any nut oil
Nut products	All cereals with nuts
All breads with nuts	All pastries with nuts
All ice cream with nuts	NesQuick Cereal
Marzipan	Nougat
All cookies with peanut butter or nuts	Snicker bars
All candies with peanut butter or nuts	Granola bars
Little Debbie Oatmeal Creme Pies	Butterfinger bars
Quaker Oats Banana Crunch Rice Cakes	M & M’s
Quaker Chewy Granola Bar Variety Pack	Mixed nuts
Ritz Bits with peanut butter	Beer nuts
Nestle Crunch Ice Cream Bars	Nestle Raisinettes
Kirkland Gourmet Jelly Beans	Jelly Bellies
Products that contain “mandelona” or “new nuts	

Many of the above contain peanuts. Please read labels on all food products before sending food to school.

Thank you for your efforts to keep all of our students safe.

Cindy Speltz, RN
Health Educator/School Nurse