

Allergy Friendly Snack List

The following is a list of foods that **do NOT** contain nuts or peanut butter. Please bring all snacks in original packages so that teachers can read the ingredient labels. **All items brought to school that are not on the snack list will be returned home with your child.**

Crackers & Salty Snacks

Act II and Orville Redenbacher's, Pop Secret Microwave Popcorn (Butter and Kettle Korn)

Annie's Cheddar Bunnies

Bugles

Cheerios (Original, Frosted)

Chex Mix- traditional, cheddar, bold party blend, sour cream & onion

Fresh Vegetables/Ranch Dip

Funyons

Garden of Eatin' Snack mix

Jack Links Beef Jerky

Keebler Saltine Cracker (Zesta Originals)

Keebler Toasted Crackers

Keebler Town House Originals

Keebler Club Crackers Originals

Keebler Club and Cheddar Sandwich Crackers

Keebler Wheatables-Original and Honey Wheat

Keebler Munch'ems Baked Snacks (original and cheddar)

Keebler Scooby Doo Cheddar Crackers

Kraft Cheesenips (Original Cheddar ONLY)

Kraft Handi-Snacks (Breadsticks-n-Cheese, Pretzels-n-Cheese, Ritz Crackers-n-Cheese)

Kraft "Easy Cheese" Cheddar Spread (can)

Kraft Mac & Cheese Crackers

Lays Stax-Cheddar, Original, & Salt & Vinegar

Lunch Meats—prepackaged only, no deli counter meats

Market Pantry Pretzel Sticks & Mini Twists

Market Pantry Cheese Squares

Market Pantry Thin Wheats

Munchies Cheese Mix

Nabisco Flavor Originals Better Cheddars

Nabisco Premium Saltines

Nabisco Chicken in a Biskit

Nabisco Wheat Thins, Vegetable Thins, Wheat Thins Stix, and Wheat Thins Flatbread

Nabisco Triscuits

Nabisco Twigs

Nabisco Sociables

Nabisco Ritz Crackers (NO Ritz Sandwiches – cheese or peanut butter)

Nabisco Ritz Sticks

Nabisco Ritz Crackerfuls-Classic Cheddar

Nabisco Ritz Dinosaurs

Nabisco Ritz Munchables
Oberto's Beef Jerky
Pepperidge Farm Bagels
Pepperidge Farm Goldfish Crackers (NO peanut butter flavor)
Pepperidge Farm Giant Goldfish & Goldfish Crisps (NO Goldfish Sandwiches or party mix)
Pepperidge Farm Pretzel Thins, Snack Sticks
Pepperidge Farm Wheatcrisps
Philadelphia brand cream cheese- original or flavors without nuts
Pringles Baked Stix-Honey Wheat & Pizza
Pringles Minis-Original & Sour Cream
Quaker Rice Snacks- cheddar, caramel corn, ranch
Rold Gold Cheddar Tiny Twists
Rold Gold Honey Mustard Tiny Twists
Rold Gold Braided Twist
Rold Gold Butter Checkers
Rold Gold Pretzels
Rold Gold Snack Mix and Munchies
Sarah Lee bagels, buns, bread
Slim Jim Beef Jerky
Snack Factory Pretzel Crisps
Snyders Pretzels
Special K crackers and cracker chips
Stacy's Bagel Chips- Simply Naked and Everything
Stacy's Pita chips- Simply Naked, Parmesan, Garlic & Herb
String Cheese/Cheese Cubes
Sun Chips: Original Flavor, Harvest Cheddar Flavor, French Onion Flavor
Sunshine Cheez-It Party Mix
Sunshine Cheez-It (Original, SpongeBob, Cheddar Jack, Twisterz Cheddar)
Sunshine Big Cheez-It
Sunshine Saltine Crackers (Krispy Originals)
Thomas brand bagels
Town House Pretzel Flip Sides-Original, Garlic/Herb & Cheddar
Wal-Mart Fresh Popped Popcorn at the McDonald's counter inside Super Wal-Mart

Fruit & Sweet Crackers

Archer Farms Fruit Bars and Ropes
Archer Farms Real Fruit Strips
Annie's organic bunny fruit snacks
Annie's Bunny Grahams
Betty Crocker Fruit Roll-Ups, Fruit by the Foot, Fruit Gushers, Simply Fruit rolls
Betty Crocker Fruit Snacks
Cascadian Farms-Chocolate Chip granola bars and Vanilla Chip granola bars
Cascadian Farms-Organic Granola Oats & Honey Cereal
Cascadian Farms-Cinnamon/Raisin Granola Cereal
Fresh Fruit
General Mills Lucky Charms Treats- marshmallow flavor

Jell-o brand Pudding and Gelatin Cups
Hunt's Snack Pack Puddings (Vanilla, Chocolate)
Keebler Animal Cookies, frosted
Keebler Golden Vanilla Wafers (Original and Mini)
Keebler Grahams – Original, Honey, Chocolate
Keebler Scooby Doo Graham Cracker Sticks
Kellogg's: Cinnabon
Kellogg's: Fruit Streamers, Fruit Twistables, Fruit Snacks
Kellogg's: Fruit Loops (1/3 Less Sugar, Original, Marshmallows)
Kellogg's: Rice Krispies Squares (Original), and Rice Krispies Treats Split Stix
Kellogg's All-Bran Honey Oat Bars
Kelloggs Nutri-Grain cereal bars
Kelloggs Nutri-Grain Superfruit Fusion bars-cherry pomegranate, strawberry-acai
Kelloggs Pop Tarts
Kelloggs Yogos
Market Pantry fruit snacks, fruit rolls
Motts and Musselman Apple Sauce (individuals come in 6 packs)
Nabisco Barnum's Animal Crackers
Nabisco Bug Bites Graham Crackers
Nabisco Fruit Snacks
Nabisco Nilla Wafers
Nabisco Snackwell's – Brownie Bites
Nabisco Honey Maid Graham Crackers- Chocolate, Honey, Cinnamon
Nabisco Honey Maid Graham Cracker Sticks- Chocolate, Honey, Cinnamon, Apple Cinnamon
Nabisco Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chip, Dora Explorer
Nabisco: Honey Maid Soft Baked Snack Bars-Oatmeal Raisin, Blueberry, & Banana
Nabisco Newtons and Newtons Minis (Fig, Strawberry, Raspberry, Apple)
Nabisco Newtons Fruit Thins – blueberry brown sugar, chocolate raspberry, cranberry citrus
Ocean Spray Craisins- original, cherry, blueberry, pomegranate
Special K Bar- chocolatey chip cookie, peach and berries, strawberry, blueberry
Sun-Maid Raisins
Yoplait Yogurt and Go-gurt
Wal-Mart "Great Value" Brand Animal Crackers (Original)
Wal-Mart "Great Value" Brand Honey Grahams
Wal-Mart "Great Value" Pudding and Gelatin Cups
Welches Fruit Chews

IDEAS FOR SPECIAL OCCASION SAFE TREATS

Cheetos
Doritos
Fritos Corn Chips (Original)
Lays Potato Chips
Ruffles Potato Chips
Tostitos
Hostess Cupcakes- Chocolate, Golden, Strawberry

Hostess Ding Dongs
Hostess Twinkies
Hostess Zingers- Devils Food, Vanilla
Hostess 100 Calorie Packs- Lemon, Strawberry, Twinkie
Kraft Marshmallows Jet-Puffed (Original, Mini, Funmallows)
Market Pantry Marshmallows
Wal-Mart "Great Value" Marshmallows (Original, Mini, Flavored)
Keebler: Animals Frosted Cookies, Vienna Fingers, Chocolate Chip Deluxe Cookies with Fudge Stripes
Keebler: Fudge Shoppe Grasshoppers, Fudge Shoppe Fudge Stripe
Keebler: Oatmeal Fudge Stripes, Mint Crème Middles-chocolate graham, Cheesecake Middles
Keebler Deluxe Grahams
Keebler Gripz
Nabisco: Oreos, Golden Oreos, Oreos- Chocolate Crème
Nabisco Oreos- Golden Chocolate Crème
Nabisco Oreos- Double Stuff and Golden Double Stuff
Nabisco Chewy, Chunky & Original Chips Ahoy Chocolate Chip cookies
Nabisco Chips Ahoy Chocolate Chip (No Nuts)
Nabisco Chips Ahoy Chunky and Nabisco Chips Ahoy Chewy and Soft Baked
Nabisco Chips Ahoy Candy Blast, Chewy Gooey Chocofudge, Megafudge
Nabisco Chips Ahoy White Fudge Chunky
Nabisco Pinwheels
Krispy Kreme Glazed Donuts and chocolate iced
Hershey Kisses (regular in silver wrappers only—NOT w/almonds/NOT holiday package)

Candy: Charms Blow Pops and dum dum lollipops, Junior Mints, Lifesaver Gummies, Milk Dud's, Pez Candy, Pixie Stix, Rolo's, Skittles, Smartees, Starbursts, Sweet Tarts, Tootsie Rolls and Tootsie Pops, Twizzlers, Willy Wonka brand candy only—not chocolate, Whoppers, Sprees, Gourmet brand Jelly Beans

Cake Mixes and Frostings—Betty Crocker, Pillsbury and Duncan Hines—flavors without nuts
Betty Crocker Brownie Mix—Hershey's Triple Chocolate Chunk Brownies and Fudge Brownies
Pillsbury Brownie Classics Traditional Fudge & Milk Chocolate
Hershey's chocolate chips- milk, semi-sweet, or dark
Blue Bell vanilla ice cream and ice cream sandwiches
Popsicles

(Last Revised 8/11/2011)