

Peanut and Tree Nut Free Snack List

The following list is to provide parents and staff with guidance on choosing school snacks that are peanut and tree nut free. If you do not choose to take advantage of ordering treats through the school, please choose a snack from the list below to bring in for your child's class.

PLEASE READ FOOD LABELS each time you purchase an item. Manufacturers may have changed ingredients or manufacturing processes since your last purchase. Please do not purchase items with a statement of: "contains", "may contain", "manufactured in the same facility as" or "processed on shared equipment with" peanuts or tree nuts.

The following items have been found to be free from peanut or tree nut.

Fruit and Veggies

- Clementines (Cuties or Halos)
- Orange
- Banana
- Applesauce cups (regular or unsweetened)
- Mott's Flavored Applesauce cups
- Mandarin orange cups
- Pear or Peach cups
- Raisins or Craisins (no yogurt or chocolate covered)
- Pre-Packaged Sliced Apples
- Pre-packaged, cut Fresh vegetables (baby carrots, celery sticks, broccoli/cauliflower florets, pepper strips, etc.)
- Frozen Fruit Juice Bars (Breyer's Pure Fruit, Dole, Minute Maid)
- 100% Fruit Juice (Minute Maid, Apple & Eve, Juicy Juice)

Fruit/Veggie Dips

- Kraft or Hidden Valley Ranch (Regular, Light, or Fat Free)
- Marzetti Veggie Ranch Dip
- Marzetti Caramel Dip
- Marzetti Cream Cheese Dip

Dairy

- Yogurt (Dannon, Yoplait, Stonyfield)
- Go-gurt or Danimals Squeezables
- String Cheese
- Kraft cheese cubes or sliced cheese

Sweet Snacks

- Kellogg's Nutri-grain Bar (apple, cherry, blueberry, raspberry)
- Animal Crackers (Barnum, Austin Zoo)

- Honey-Maid Graham Crackers (Chocolate, Cinnamon, Honey)
- Teddy Grahams
- Vanilla Wafers
- Keebler Elf Grahams
- Annie's Organic Bunny Grahams
- Welch's 100% Fruit Snacks

Salty Snacks

- Wheat Thins or Triscuits
- Annie's Organic Cheddar Crackers
- Goldfish Crackers
- Rold Gold Pretzels
- Special K Cracker Chips
- Baked Lay's/Doritos/Cheetos
- Baked Tostitos w/Salsa
- SunChips