

Nut Free Snack List

*Below is a revised list of the school approved snack list. The items that contain peanuts, tree Nuts or Nuts of any kind have been removed. Because labels change, it is always important to read the packaging labels. Anything that “may contain peanuts, tree nuts or any nut” or “has been processed in a facility that handles peanuts, tree nuts or nuts” is NOT SAFE.

- Animal Crackers – whole grain (package labeling is always changing on all brands)
- Graham Crackers: whole grain – (Honey Maid, Keebler, Wal-Mart brand are usually safe)
- Portable Yogurt (ex. GoGurt)
- Pretzels – whole grain – (Rold Gold brand only)
- Cheese (low fat or fat free)
- Snack Size Cereal Boxes – whole grains 1st ingredient (MOST cereals are safe unless they actually have nuts in them, but please check the allergen information on the box)
- Nutrigrain Bars – whole grain (Most types, check labels)
- Vegetables/Dip (low fat or fat free dip)
- Act II Microwave Popcorn (lite, low sodium)
- Hunts or Jell-O Brand Pudding Packs
- Teddy Grahams (Not the Trail Mix)
- Rice Krispie Treats – whole grain (name brand, plain only)
- Fresh Fruit
- Crackers: Cheez It, Plain Ritz (Not Ritz Bitz Sandwiches), Wheat Thins, Goldfish
- Baked Chips or Cheetos (most; 1st ingredient whole corn or grain & sodium less than 200mg)
- Applesauce/Fruit Cups (100% Fruit juice)
- Raisins/Dried Fruit (check labels)
- 100% Fruit Juice

***Items from a bakery are never considered peanut/nut free; therefore they are not a safe snack option for birthday treats or classroom parties.**