

Due to concerns that we have for the health and wellbeing of several of our students who have severe nut/peanut allergies, we ask that you ensure all lunches and snacks are nut/peanut free.

This list is not all inclusive. There are other options also.

Remember to READ INGREDIENTS EVERY TIME you want to purchase a product.

Ingredients and manufacturing procedures can change at any time.

Healthy Snacks

Veggies & Fruit Dip
Cheese & Crackers
Fruit to Go
Dried Fruit (not from a bulk bin)
Ants on a log
Celery & Cheeze Whiz
Yogurt & Yogurt tubes
Del Monte & Dole Fruit Cups

Cookies

Chips Ahoy, Mini Chips Ahoy snack packs
Shortcake Chips Ahoy, Chewey Chips Ahoy,
Chunks Ahoy, Melting Moments
Wagonwheels, Dare Cookies
Fudgee-O & Fudgee-O Double Stuff
Arrowroot, Animal Crackers & Snack Packs
Fig Newton, Teddy Grahams, Dunkaroos
Peak Freans Digestive & Shortcake

Puddings/Jellos

Corn nuts by Christies
Hunts puddings, Mott's Fruitsations,
Jello brand, Juicy Gels,
Magic Moments puddings, Del Monte fruit gels
Munchies
Frito Lay products
Quaker Mini Crispy Rice Cakes,
Bugles, Humpty Dumpty products
Orville Redenbacher Popcorn

Popsicles/Ice Cream

Chapman's Ice cream (check label)
Mr. Freeze Freezies
Kisko Freezies

How to read a label for NUT SAFE products

Avoid foods that list any of these:

* May contain traces of (pea)nuts

peanuts, brazil nuts, pecan, nut meal, cashew, nuts, hazelnut, nut oil, nut paste, nut butter, ground nuts
walnut, mixed nuts, pistacchio, pine nut, almond, nut meats, nut extract, nu-nuts, macadamia nut

Cereal Bars

Kellogg's Nutrigrain Bars, Bakes & Twists
PopTarts & Snak-stix & PopTarts Danish
Rice Krispie Squares
Quaker Rice Cakes
Milkcrunch-Frosted Flakes, Cocoa Frosted
Quaker Chewy Bars (but not all of them!!!)

Crackers

Ritz Original, Vegetable Thins
Wheat Thins, French Onion, Swiss Cheese
Sour Cream & Chives, Bacon Dippers,
Triscuit, Cheese Bits, Premium Plus,
Stoned Wheat Thins, Crispers,
Honey Maid Graham Wafers, Goldfish
Kraft Cheez & Whiz Crackers

Fruit Snacks

Fruit Roll Ups, Fruit by the Foot, Fruit O-Long
Fruit Gushers, Scooby Doo, Lucky Charms,
Winnie the Pooh, Mickey Mouse, Disney Princess,
Fruit to Go, Dare Real Fruit Gummies, Fruit Source

Candy/Chocolates

Dare candies in bags (jellybeans, jujubes)
Nestly KitKat, Smarties, Aero, Mirage, Coffee Crisp
Trebor Allan (Swedish Berries, Fuzzy Peach,
Gummies, Sour Cherrie Blasters), Twizzlers