

5th Grade Egg-Free, Nut-Free Safe Snack List as of 08/21/16

Annie's Cheddar Snack Mix
Goldfish- Pepperidge Farm
Toasted Crackers- Keebler
Grainsfirst Whole Grain Crackers Dare Foods
Atheno Pita Chips original and garlic and herb
Stacy's Pita Chips (Simply Naked or Cinnamon Sugar)
Pretzel Crisps- The Snack Factory
Rold Gold and Kroger brand pretzel sticks
SmartFood Popcorn White Cheddar- Frito Lay

Cheerios- regular, Fruity, Frosted, Cinnamon, Chocolate
Cinnamon Toast Crunch- General Mills
Cinnamon Toast Crunch- Cascadian Farm
Kashi- Harvest Wheat
Oats and Honey Granola-Cascadian Farm

Pop Tarts- Cinnamon and Strawberry only
Nabisco Mister Salty Milk Chocolate covered Pretzels
Kellogg's Special K Bar Chocolatey Drizzle
Golden Graham's Chocolate Marshmallow Treat bar
Cascadian Farms Chocolate Chip granola bar

Sixlets
Skittles
Tootsie Rolls
Regular Kisses-Hershey's
Regular size Milk Chocolate Hershey's Bar (only regular size!)
Air Head's candy

Nabisco Chips Ahoy Fudge Drizzled Cookies
Sandies Fudge Drop Cookies- Keebler
Fudge Shoppe Fudge Stripe Cookies- Keebler
Regular Chips Ahoy- Nabisco
Regular Oreos- Nabisco
Back to Nature Chocolate Chunk cookies

Vanilla yogurt (no granola)
Hunt's pudding snack packs

Blue Bell Ice Cream (Homemade Vanilla, Dutch Chocolate, Mint Chocolate Chip)
Kroger brand Sammies Ice Cream Sandwiches
Blue Bell Ice Cream Sandwiches, Blue Bell Fudge Popsicles
Popsicle brand Popsicles
Fla-Vor-Ice Freeze Pops
Luigi's Italian Ice

Carr's Rosemary Crackers
Cheez-It Crackers- Sunshine
Saltine Crackers
Breton crackers- Dare Foods
Sun Chips- Frito Lay
Doritos-Frito Lay
Cheetos- Frito Lay
Nabisco Ritz Snack Mix
Pirate Booty

Cocoa Puffs
Lucky Charms
Fruit Loops
Apple Jacks

Honey Maid Graham Crackers
Kellogg's NutriGrain Cereal bars
BelVita Breakfast Biscuits
Kellogg's Special K Pastry Crisps

Starbursts
Sweeties
Twizzlers
Dove Milk and Dark Chocolate
Hershey's Rolos
Sour Patch kids

Rice Krispy treats packaged
Marshmallows- Kraft/Campfire
Fruit Roll ups
Archer Farms Fruit Strips
Clif Kid Fruit Rope
Thin Mints- Girl Scout cookies

Hershey's milk chocolate chip morsels
Ghiradelli's Premium Baking Chips (60% Cacao)
Craisin's

Blue Bird brand Honey buns
Mrs. Freshley's Honey Buns (Dollar Tree)
Mrs. Freshley's Oatmeal Crème Pies (Dollar Tree)

Sun Butter is a great alternative to peanut butter; made with sunflower seeds. (at Target & Whole Foods)
Tribe or Sabra original flavor Hummus
Hope Hummus- regular (Whole Foods)
Biscoff Butter- European Cookie Spread
Fresh fruits and veggies
Kraft and Kroger brand cheeses

Pepperidge Farm Whole Wheat Bread Immaculate brand biscuits (refrig section Whole Foods)
Nature's Own Whole Wheat Bread
Flower's buns
Pillsbury Cinnamon Rolls, Twists, Crescent rolls, and biscuits in a can

Front refrigerator case at Whole foods with drinks has allergy friendly desserts- Better Bites "Mostess mini-cupcakes, Better Brownie by Better Bites

US Pizza Company	Papa John's Pizza
Little Caesar's Pizza	Domino's Pizza
Mc Donald's	Burger King
Chili's	Buffalo Grill
Chipotle	Flying Burrito
Little Greek	Taziki's
YaYa's	

Regardless of this list, please always confirm any food's safety before giving it to a food allergy student by reading the label 2-3 times. Please read the ingredient line and the allergen statement (if present, it will be located under the ingredient line) when determining a food's safety.

Please avoid anything in the ingredient line with the allergen, for example, "egg." Also, please avoid products that have been "manufactured in a facility that uses eggs" or "shared equipment that uses eggs".

Our motto is "when in doubt, leave it out" when dealing with foods and food allergies.

Thank you so much for your attentiveness. If you have any questions, feel free to call.

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