

Nut-Free Safe Snack List

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 (most flavors)
Pretzel Crisps- The Snack Factory
Rold Gold and Kroger brand pretzel sticks
SmartFood Popcorn White Cheddar- Frito Lay
Traditional Chex Mix- General Mills
Blue Corn Tortilla Chips- Garden of Eatin

Cheerios- regular, Fruity, Frosted, Cinnamon, Chocolate
Cinnamon Toast Crunch- General Mills
Cinnamon Toast Crunch- Cascadian Farm
Oats and Honey Granola-Cascadian Farm
Chocolate Delight Granola-Back to Nature

Barnum Animal Crackers- Nabisco
Nabisco Mister Salty Milk Chocolate covered Pretzels
Kellogg's Special K Bar Chocolatey Drizzle
Golden Graham's Chocolate Marshmallow Treat bar
Chocolate chip granola bar- Cascadian Farm
Chocolate Chip Chewy Baked Snack Bar- Van's
Vanilla Chip granola bar- Cascadian Farm

Sixlets
Skittles
Tootsie Rolls

Milk Chocolate Hershey's Bar
Airhead's candy
Sweetheart's

Nabisco Chips Ahoy Fudge Drizzled Cookies
Sandies Fudge Drop Cookies- Keebler
Fudge Shoppe Fudge Stripe Cookies- Keebler
Regular Chips Ahoy- Nabisco
Regular Oreos- Nabisco
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

Carr's Rosemary Crackers
Cheez-It- Sunshine
Saltine Crackers
Breton crackers- Dare Foods
Sun Chips- Frito Lay
Doritos-Frito Lay
Cheetos- Frito Lay
Nabisco Ritz Snack Mix
Pirate Booty Cheese Puffs
Tortilla Chips- Tostito's/Garden of Eatin

Cocoa Puffs
Lucky Charms
Fruit Loops
Apple Jacks
Kashi- Harvest Wheat

Honey Maid graham crackers
Kellogg's NutriGrain Cereal bars
BelVita Breakfast Biscuits
Kellogg's Special K Pastry Crisps
Chocolate Brownie- Clif Bar

Starbursts
Smarties
Twizzlers
Dove Milk or Dark Chocolate
Hershey's Rolos
Sour Patch kids

Rice Krispy treats packaged
Marshmallows- Kraft or Campfire
Fruit Roll ups
Archer Farms Fruit Strips
Clif Kid Fruit Rope

Luigi's Italian Ice

Hershey's milk chocolate chip morsels
Ghiradelli's Premium Baking Chips (60% Cacao)
Craisin's- Oceanspray
Sunflower Seeds/Kernels- David's

Kroger brand chocolate chips

Sun Maid Raisins

Blue Bird brand Honey buns
Sun Butter
Tribe or Sabra original flavor Hummus

Mrs. Freshley's Oatmeal Crème Pies
Mrs. Freshley's Honey Buns
Kraft, Kroger, Great Value brand cheeses
Biscoff Butter- European Cookie Spread

Pepperidge Farm Whole Wheat
Nature's Own Whole Wheat Bread
Flower's buns

Farmhouse Sourdough bread- Pepperidge Farm
Pillsbury Cinnamon Rolls, Twists
Mrs. Baird's Bread

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

Whole Foods bakery carries Fancy Pants cookies- these are nut free
WalMart carries Lofthouse cookies in bakery/bread section- these are nut free

US Pizza Company
Little Caesar's Pizza
Mc Donald's
Chili's
Chipotle
Little Greek
YaYa's

Papa John's Pizza
Domino's Pizza
Burger King
Buffalo Grill
Flying Burrito
Taziki's

Regardless of this list, please always confirm any food's safety before giving it to a food allergic 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 word "peanut," or any other tree nut- almond, pecan, cashews, macadamia nuts, pistachios, hazelnuts. Many people with peanut allergies cannot consume anything that has been "manufactured in a facility that uses peanuts or tree nuts" or "shared equipment that uses peanuts or tree nuts".

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

Thank you so much for your attentiveness

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