

2021/2022 PEANUT AND TREE NUT FREE FOOD OPTIONS

Please Note: that when choosing a peanut/tree nut free snack, it is important to **ALWAYS check the ingredient label** on the package to make sure it is **free of peanuts and tree nuts of all kinds**. **PLEASE READ THE LABELS** each time you purchase any of these items. This list is subject to change at any time as manufacturers may have changed ingredients, changed their equipment, or their production line since you last purchased an item from this list. Please do not purchase items with the allergy and ingredient alert such as:

“May contain peanut or tree nuts”

“Processed on shared equipment with peanuts or tree nuts”

“Manufactured in a plant with peanut or tree nuts”

“Contains peanut or tree nut ingredients”

While we know this is an extra step, it is important to request your help due to the seriousness of the consequences. Thank you for your understanding and support. We appreciate your time and efforts to keep Lucas safe while at school.

CRACKERS/SNACK MIXES

- Cheese Nips – Cheddar, Reduced fat cheddar
- Cheez-it – Original, Reduced fat, White Cheddar, Hot & Spicy, Parmesan & Garlic, Cheddar Jack, Baby Swiss, Italian Four Cheese, Colby, Whole Grain
- Cheez-it – Snack Mix Original
- Chex Mix- Traditional, Cheddar
- Goldfish (Pepperidge Farm) – Cheddar, Whole Grain, Pizza, Parmesan, Colors, Pretzel
- Goldfish (Pepperidge Farm) Flavor Blasted – Xtra Cheddar, XPlosive Pizza, Slammin’ Sour Cream & Onion
- Goldfish (Pepperidge Farm) 100 calorie pouches – Cheddar, Pretzel
- Kraft Handi-Snacks Premium Breadsticks n’ Cheese Dip
- Kraft Handi-Snacks Mister Salty Pretzels n’ Cheese Dip
- Nabisco Chicken in a Biskit – Original
- Ritz – Original
- Triscuit – Original, Reduced Fat, Cracked Pepper & Olive Oil, Roasted Garlic
- Triscuit Minis – Original
- Triscuit Thin Crisps- Original, Parmesan Garlic, Four Cheeses
- Wheat Thins- Original, Reduced Fat, Ranch, Sundried Tomato & Basil, Multi-grain

GRAHAM CRACKERS

- Cinnamon Grahams – Plain, Low Fat
- Nabisco Grahams – Original
- Nabisco Honey Maid – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh stacks

- ShopRite – Sugar Honey Grahams, Chocolate Grahams
- Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey chip, Mini

PRETZELS

- Rold Gold – Thins, Sticks, Rods, Tiny Twists, Tiny Twist Cheddar, Tiny Twists Honey Mustard
- Pepperidge Farm Goldfish Pretzels
- Pepperidge Farm 100 Calorie Pouches Goldfish Pretzel
- Kraft Handi-Snacks Mister Salty Pretzels n' Cheese Dip

POPCORN

- Smartfood- White Cheddar, Reduced Fat, Movie Theater Butter
- Skinny Pop Popcorn- Original, White Cheddar, Kettle Corn Sweet & Salty

RICE CAKES

- Quaker Quakes Rice Snacks – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion

CORN/TORTILLA/PITA CHIPS

- Doritos – Nacho Cheese, Cool Ranch, Spicy Nacho, Taco Flavor, Spicy Sweet Chili
- Stacy's Pita Chips – Simply Naked
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa
- Tostitos – Original Restaurant Style, Scoops, Crispy Rounds, Multigrain, Bite Size, Hint of Lime

CHEESE SNACKS

- Cheetos – Puffs, Crunchy, Puffs Honey BBQ, Flamin' Hot Crunchy, Baked
- Pirates Booty - Aged White Cheddar, Sour Cream & Onion
- Smart Puffs
- Kurly Kurls

POTATO CHIPS

- Baked Ruffles – Original, Cheddar & Sour Cream
- Baked Lay's – Original, Sour Cream & Onion, Parmesan & Tuscan Herb
- Cape Cod – Original, Sour Cream & Green Onion
- Lay's – Classic, Barbecue, Sour Cream & Onion, Cheddar & Sour Cream, Wavy Original, Honey Barbecue, Salt & Vinegar, Lightly Salted, Honey Mustard
- Lay's Kettle Cooked – Original, Sea Salt & Vinegar, Jalapeno, Sea Salt & Cracked Pepper
- Munchos

- Pringles – Original, Reduced Fat, BBQ
- Pringles Snack Packs – Original, 100 calorie snack packs original
- Ruffles – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream

COOKIES

- Barnum’s Animal Crackers – Original
- Enjoy Life Crunchy Cookies – Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham
- Enjoy Life Soft Baked Cookies- Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, Snickerdoodle
- Lorna Doone – Short Bread Cookies
- Made Good Soft Baked Mini Cookies – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Double Chocolate
- Nabisco – Ginger Snaps
- Nabisco- 100 Calorie Packs- Lorna Doone Short Bread Cookie Crisps
- Newtons- Original Fig, Fat free, Whole Grain, Strawberry, Raspberry
- Oreos – Original, Double Stuff

PEANUT BUTTER ALTERNATIVES AND SPREADS

- SunButter Sunflower Butter – Creamy, Natural Creamy, Natural Crunch
- SunButter On the Go Single cups - Creamy
- WOWBUTTER –Creamy, Crunchy

NUTRITION BARS/CEREAL BARS/GRANOLA BARS/ SEED & FRUIT MIXES

- Enjoy Life Baked Chewy Bars – Caramel apple, Caramel Blondie, Cocoa Loco, SunSeed Crunch
- Enjoy Life Breakfast Oval – Apple Cinnamon, Berry Medley, Chocolate Chip Banana, Maple Fig
- Enjoy Life Protein Bites – Dark Raspberry, Dipped Banana, Sunseed Butter
- Enjoy Life Seed & Fruit Mixes – Beach Bash, Mountain Mambo
- Made Good Granola Bars – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry
- Made Good Granola Minis – Apple Cinnamon, Chocolate Banana, Chocolate Chip, Strawberry
- Nutri Grain Cereal Bars – Blueberry, Strawberry, Apple-Cinnamon, Cherry
- Nabisco Belvita Breakfast Biscuits- Golden Oat, Blueberry, Cinnamon Brown Sugar, Cranberry Orange, Chocolate
- Nabisco Belvita Snack Packs – Blueberry, Chocolate, Cinnamon Brown Sugar

FRUIT SNACKS

- Annie’s Organic Bunny Fruit Snacks – Sunny Citrus, Tropical Treat

- Betty Crocker Fruit Roll-ups
- Betty Crocker Fruit By The Foot
- Betty Crocker Fruit Flavored Snacks – Dora The Explorer, Scooby-Doo, Sponge Bob Square Pants, Shark Bites

PUDDING CUPS

- Snackpack – Original Chocolate, Vanilla, Lemon

CUPPED FRUIT/APPLESAUCE

- Dole – Diced Pears in 100% Fruit Juice, Mixed Fruit in 100% Fruit Juice, Diced Peaches in 100% Fruit Juice
- Motts Applesauce Cups – Original , Natural, Cinnamon
- Materne Go-Go Squeez – Apple Strawberry, Apple Banana, Apple Apple, Apple Cinnamon, Apple Mango, Apple Cherry, Apple Berry

CEREALS

- General Mills – Cheerios Original & Multigrain, Chex Corn & Rice, Kix Original, Lucky Charms Original, Cocoa Puffs Original, Golden Grahams
- Kellogg's – Fruit Loops Original, Rice Krispies Original, Shredded Wheat Frosted Original, Frosted Flakes

CANDY

- Andes Mints
- Charms Blow Pops Bubble Gum - Assorted
- Charms Mini Pops – Assorted
- Charleston Chew - Vanilla
- Dots
- Dum Dum Pops
- Good & Plenty
- Kraft Caramels
- LifeSavers Hard Candies
- LifeSavers Gummies
- Milk Duds
- Jolly Rancher Hard Candy
- Junior Mints – Chocolate Peppermint
- Rolo
- Sour Patch Kids
- Skittles – All Varieties
- Smarties – Original Name Brand...NO GENERIC BRANDS
- Starburst Fruit Chews – All Varieties
- Sugar Babies – Caramel
- Twizzlers – All individually wrapped varieties
- Tootsie Pops – Cherry, Chocolate, Grape, Orange, Raspberry
- Tootsie Rolls – Chocolate and Fruit Flavors
- Whoppers – Original Name Brand...NO GENERIC BRANDS

CHOCOLATE

- Hershey's Chocolate Kisses – Plain, Special Dark
- Hershey's Chocolate Bars – **1.55oz bars ONLY ...NOTE OTHER SIZES ARE NOT SAFE**

YOGURT/STRING CHEESE/CHEESE

- Yoplait GoGurt – Punch, Strawberry Watermelon, Strawberry Splash, Cool Cotton Candy
- Yoplait Original and Light – Peach, Strawberry, Blueberry, Raspberry
- Dannon Danimals Smoothie – Strawberry Explosion, Strikin Strawberry Kiwi, Banana Split
- Dannon Danimals Cups – Strawberry, Strawberry Banana, Peach
- Frigo Cheese Heads – Swirls,
- Kraft String Cheese – Mozzarella 2%, Twists 2% Mozzarella & Cheddar Cheese
- Kraft Cheese Cubes – Colby & Monterey Jack, Cheddar & Monterey Jack
- Sargento String Cheese – Mozzarella, Light, Sharp Cheddar-Jack, Colby-Jack, Sharp

JELLO CUPS

- Snack Pack Juicy Gels – Strawberry & Orange, Cherry, Strawberry