

## **Nut-Free Zone**



Please do not bring any products containing nuts (peanuts or tree nuts) into area.  
Thank you for helping to keep our children safe.

## **Suggested Peanut / Tree Nut FREE Snacks**



*Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, sunflowers, filberts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, and walnuts. (Tree nuts)*

*Quick check brands: Kellogg's, Keebler, General Mills, Betty Crocker and Quaker Oats brands are excellent at calling out allergens in a box: Example: CONTAINS PEANUT AND EGG INGREDIENTS.*

*Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".*

**Thank you for your consideration and support in keeping the food-allergic child safe from having a life-threatening allergic reaction at school.**

### **FRUIT/VEGETABLES**

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, Clementine's, strawberries, melons, berries, etc.)
- Raisins, Craisins and other dried fruits
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.)

### **PEANUT BUTTER ALTERNATIVES/SPREADS**

- Don't Go Nuts Soy Butter – Chocolate, Cinnamon Sugar, Lightly Sea Salted, Pure Unsalted, Slightly Sweet
- Gerbs Sea Salted Butters – Pumpkin, Sunflower
- I.M.Healthy SoyNut Butter – Chocolate, Honey Creamy, Honey Chunky, Original Creamy, Original Chunky, Unsweetened Creamy, Unsweetened Chunky
- SunButter Sunflower Seed Spread – Creamy, Natural Creamy, Natural Crunch, Natural No-Stir, Natural No-Stir On the Go, Natural Omega-3, Organic Unsweetened
- Wowbutter – Peanut Butter Taste Creamy, Crunchy
- Muffin Town SunWise SunButter and Grape Jelly Sandwich [EGG processed in Facility]

### **CHEESE/DAIRY**

- String cheese or other cheeses (1 oz.)
- Kraft Handi-snacks with cheese (with red sticks)

*\*\*Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts*

### **CHIPS**

- Bugles
- Cheetos
- Doritos
- Pringles
- Sun Chips
- Tostitos

## **CORN/TORTILLA CHIPS**

- Herr's Tortilla Chips – Bite size Dippers, Restaurant Style, Traditional Authentic Cantina Style, Yellow Round
- Utz Lowfat Baked Tortilla Chips
- Utz Organic Tortilla Chips – Blue Corn, White Corn, Yellow Corn
- Utz Tortilla Chips – Dippable, Multigrain, Restaurant Style, White Round, Yellow Round
- Bachman Tortilla Chips – Restaurant Style, MultiGrain
- Doritos – Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn
- Natural Tostitos Organic – Yellow Corn, Blue Corn
- Stacy's Pita Chips – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- Sun Chips – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- Tostitos – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Lime

## **Cereals**

- Cheerios (NOT Honey Nut or Frosted)
- Chex (Rice, Corn, Wheat)
- Cinnamon Toast Crunch
- Corn Flakes
- Crispix
- Frosted Mini-Wheats
- Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
- Kix
- Life (Not Vanilla Yogurt Crunch)
- Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks
- Wheaties
- Nutri Grain Cereal Bars – Blueberry, Strawberry, Apple Cinnamon, Blackberry, Mixed Berry, Raspberry, Cherry Pomegranate, Strawberry Acai
- Special K Bar – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp



## **COOKIES**

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular or golden)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies
- Nabisco – Lorna Doone Shortbread
- Gripz Chips Ahoy
- Barnum's Animal Crackers – Original
- Chips Ahoy – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, White Fudge Chunky, Mini
- Keebler Vanilla Wafers – Original, Mini
- Nabisco 100 Calorie Packs – Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps
- Nabisco Biscos Sugar Wafers – Creme Filling
- Nabisco Ginger Snaps
- Newtons – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
- Newtons Minis – Whole Grain Fig
- Newtons Fruit Crisps – Apple Cinnamon
- ShopRite Scrunchy Animal Crackers
- Snackwells 100 Calorie Packs – Vanilla Creme Sandwich, Double Chocolate Chip Cookies, Fudge Drizzled Chocolate Chip Cookies, Fudge Shortbread Fudge Petites, Mint Fudge Shortbread Fudge Petites

## **PRETZELS**

- Herr's Honey Wheat Whole Grain Pretzel Sticks
- Herr's Sourdough Hard Pretzels – Bite Size, Mini
- Herr's Pretzels – Extra Thin, Mini, Pretzel Rods, Stix
- Herr's San Francisco Sourdough Specials Pretzels
- Herr's Whole Grain Pretzels – Ribbon, Sticks
- Utz Halloween Pretzel Treats
- Utz Hard Pretzels
- Utz Pretzel Sticks – Cinnamon, Country Stix
- Utz Pretzel Varieties – Butter Waffle, Holiday Shaped, Nuggets, Phineas and Ferb Shaped, Rods, Wheels
- Utz Select Pretzel Sticks – Butter, Pumpernickel, Seven Whole Grain, Toasted Sesame
- Utz Select Pretzels – Everything, Honey Wheat Braided Twist
- Utz Special Pretzels – Extra Dark, Multigrain, Regular
- AllerEnergy Gluten-Free Soft Pretzels
- Bachman – Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Pretzel Stix, Hard Sourdough,
- Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip
- Newman's Own – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
- Nabisco 100 Calorie Mister Salty Pretzels – Milk Chocolate, Yogurt Flavored
- Pepperidge Farm Goldfish Pretzels
- Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels
- Rold Gold – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Sourdough, Honey Wheat



## **POPCORN**

- Herr's Popcorn – Light, Original, Cheese Flavored, White Cheddar Flavored
- Utz Popcorn – Butter, Cheese, White Cheddar
- Bachman – Original, Light
- Good Health Natural Foods – Half Naked Popcorn with a Hint of Olive Oil
- Kurly Korn – Premium Cinema Popcorn
- Smartfood – White Cheddar, Reduced Fat, Movie Theater Butter
- Wise – Original Butter, White Cheddar VEGETABLE CHIPS/SNACKS
- Good Health Natural Foods – Veggie Chips, Veggie Stix, Pizza Veggie Stix
- Pirate's Booty Veggie

## **ICE CREAM, ICE POPS and ICES**

- Dole Fruit Bars – Variety 12 Pack (Strawberry, Grape, Raspberry)
- Luigi's Real Italian Ice – 6 Pack Varieties: Cherry, Lemon, Lemon & Strawberry, Mango, Watermelon & Blue Raspberry
- Marino's Italian Ice – 12 Pack Varieties: Blue, Bubble Gum, Cherry, Chocolate, Cola, Grape, Lemon, Lime, Mango, Orange, Pineapple, Rainbow, Strawberry, Tropical, Watermelon
- Minute Maid Juice Bars – 12 Pack Varieties: Cherry, Grape, Orange

*Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free. This includes labels that read "May contain traces of peanuts/nuts".*

## **CRACKERS**

- Cheese Nips – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
- Cheez-It – Original, Reduced Fat, Big, Fat White Cheddar, Scrabble Junior, Whole Grain, Gripz
- Cheez-It Snack Mix
- Goldfish – Baby Cheddar, Cheddar, Colors, Mix-Up, Parmesan, Pizza, Pretzel, Saltine, Whole Grain
- Goldfish Flavor Blasted – XPlosive Pizza, Xtra Cheddar, Slammin' Sour Cream & Onion
- Goldfish Mix-Up Adventures – Pretzel & Flavor Blasted Xtra Cheddar, Xtra Cheesy Pizza
- Goldfish 100 Calorie Pouches – Cheddar, Pretzel
- Keebler Club – Original, Reduced Fat, Multi-Grain, Minis Original, Minis Multi-Grain
- Keebler Club Snack Sticks – Original, Honey Wheat
- Keebler Sandwich Cracker – Club and Cheddar
- Kraft Handi-Snacks – Premium Breadsticks 'n Cheese Dip, Mister Salty Pretzels 'n Cheese Dip
- Nabisco 100 Calorie – Sweet & Salty Mix Kettle Flavor
- Nabisco 100 Calorie Nabisco Premium Saltines – Original, Unsalted Tops, Fat Free, Whole Grain, Minis
- Nabisco Premium Soup & Oyster Crackers
- ShopRite Cheese Crackers
- ShopRite Whole Wheat Wafers – Original, Reduced Fat, Rosemary & Olive Oil
- ShopRite Wheat Snacks – Original, Reduced Fat
- ShopRite Saltines – Original, Fat Free, Unsalted Tops, Wheat
- ShopRite Bits Crackers – Original, Low Sodium, Wheat, Roasted Vegetable
- ShopRite Oyster Crackers
- Stoned Wheat Thins – Original, Lower Sodium, Mini
- Sunshine Saltines – Krispy Original
- Town House – Original, Wheat, Reduced Fat
- Town House Toppers – Original
- Town House Flipsides Pretzel Crackers – Original, Reduced Fat, Cheddar, Garlic & Herb
- Town House Flatbread Crisps – Italian Herb, Sea Salt & Olive Oil
- Triscuit – Original, Reduced Fat, Hint of Salt, Minis – Original, Thin Crisps – Original,
- Wheat Thins – Original, Reduced Fat, Hint of Salt, Ranch, 100% Whole Grain, Multigrain
- Cinnamon Grahams – Plain, Low Fat
- Keebler Grahams – Original, Cinnamon, Honey
- Keebler Scooby-Doo Graham Cracker Sticks – Honey, Cinnamon
- Keebler Grahams Bites – Cinnamon
- Nabisco Grahams – Original
- Nabisco Honey Maid – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
- ShopRite – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams
- Teddy Grahams – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini
- Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- Ritz Crackerfuls (Classic cheddar, Four cheese, Garlic herb)
- Saltines, Oyster crackers
- Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- Breton brand crackers
- Teddy Grahams or Teddy Graham character brand
- Animal crackers (Austin Zoo, Barnum)
- Vanilla wafers
- Fruit snacks (twists, gushers, roll-ups, etc.)
- Fig Newtons (all flavors)
- Rice Cakes (NOT Quaker brand)

