**U-46 Peanut/Tree Nut Safe Snack List**

*Students with food allergies are encouraged to bring their own “safe snacks” to school. The*

*following list of food items is intended to serve as a guide in selecting snacks for classrooms*

*with students who have peanut and tree nut allergies. As an added safeguard, please check*

*the food labels as ingredients can change without warning. Items may change in their*

*production or plant. Also, avoid items with “may contain...” or “may have been made on*

*shared equipment” warnings.*

***NO homemade baked goods allowed! (Ingredient labels are necessary for safety!)***

*The following is a list of acceptable snack items. This list does not endorse any specific store*

*or brand.*

**FRUITS & VEGETABLES** (No dips please):

* Fresh whole fruit (not cut up or peeled): grapes, apples, oranges, bananas, strawberries,
* blueberries, etc.)
* Fresh veggies (cherry tomatoes, carrot sticks, celery, etc.)
* Prepackaged/bagged fruit & veggie slices/pieces
* **Dried:**
* “Brothers” All Natural Freeze Dried Fruit Crisps\* (Any Flavor)
* “Market Pantry” California Raisins\* (Target Brand)
* “Organics” Raisins (Dominick's Brand)
* “Ocean Spray” Craisins (Plain-Sweetened Dried Cranberries ONLY\* – No Trail Mixes)
* “Sunmaid” Natural California Raisins\* (Plain only), Cranberries
* **Cups/Bowls**: (NO Toppings/Mix Ins)
* “Del Monte” Diced Fruit Cups (Any Fruit)
* “Dole” Diced Fruit Cups (Any Fruit)
* “Materne” -GoGo Squeez- Applesauce On the Go (Any Flavor)
* “Mott's” Natural Applesauce, Snack & Go
* “Musselman's” Applesauce

**FRUIT SNACKS & ROLL UPS:**

* “General Mills” Betty Crocker: Fruit Snacks, Fruit By the Foot, Fruit Gushers, Minirolls, Fruit Roll
* Ups (Original, Simply Fruit) (Any flavor)
* “Kelloggs” Fruit Snacks (Any flavor)
* “Market Pantry (Target)” Fruit Snacks (Strawberry, Mixed Fruit)
* “Mott's” Original Assorted Fruit Snacks, Medleys Assorted Fruit Snacks
* “Stretch Island Fruit Co”- All Natural Fruit Strips (Strawberry, Apple, Raspberry, Grape), FruitaBu
* Rolls (Strawberry, Apple, Grape)

**CHEESE:**

* String Cheese/ Cheese Cubes, Slices, Sticks: Frigo, Kraft, Land O Lakes, Market Pantry (Target
* Brand), Sargento, Sorrento, Tilamook, Finlandia
* Cottage Cheese (single serving)-Breakstones

**YOGURT** (NO kinds with toppings to mix in (ie, granola, cereal, cookies, candy):

* “Dannon” - Activia (NO “Breakfast Blends” with grains), Danimals Smoothies, Danactive
* Probiotic Dairy Drink, Fruit on Bottom
* “Stoneyfield Farms”: YoKids, YoKids Smoothies
* “Yoplait”: Original, Light, Whips, Trix, Go-Gurt Portable Yogurt

**CEREAL BARS & RICE SNACKS**:

* “Enjoy Life” Chewy On the Go Bars (Any flavor)
* “Kelloggs” Nutrigrain Cereal Bars (Apple Cinnamon, Raspberry, Blueberry, Strawberry,
* Blackberry, Mixed Berry, Cherry)
* “Kelloggs” Special K Snack Bars (Strawberry, Blueberry, Vanilla Crisp, Chocolatey Drizzle)
* “Quaker” Popped Rice Snacks - formerly Quaker Quakes Rice Snacks (Caramel Corn, Cheddar
* Cheese, Kettle Corn, Apple Cinnamon)
* “Quaker” Rice Cakes (Caramel Corn, Cheddar Cheese, Kettle Corn, Apple Cinnamon)

**CEREALS:**

* “General Mills”: Cheerios (Plain, Fruity, Multigrain), Kix (Original)
* “Kelloggs”: (single serving size boxes available): Frosted Mini Wheats Original, Frosted Flakes,
* Corn Flakes, Rice Krispies, Raisin Bran, Raisin Bran Crunch, Com Pops, Apple Jacks, Froot
* Loops, Cracklin’ Oat Bran, Crispix
* “Quaker”: Life (Original, Cinnamon), Oatmeal Squares (Brown Sugar, Cinnamon)

**PRETZELS:**

* “FritoLay” Rold Gold Pretzels (Classic Style, Low Fat, Fat Free): Sticks, Tiny Twists\* (NOT whole
* grain), Rods, Thins, Honey Wheat Braided Pretzel Twists
* “Kraft” Handi Snacks- Mister Salty Pretzels n' Cheez Dip
* “Nabisco” Snackwells Fudge Covered Pretzels (100 calorie packs)
* “Pepperidge Farms” Goldfish Pretzels

**GRAHAM CRACKERS:**

* “Back to Nature” Honey Graham Sticks\*, Golden Honey Oat Graham Crackers
* “Keebler” Scooby-Doo Graham Cracker Sticks (Honey, Cinnamon\*)
* “Nabisco” Honey Maid Graham Crackers: Honey, Cinnamon, Low Fat, Chocolate, Lil
* Squares(Honey or Cinamon), Angry Birds\*, Fresh Stacks
* “Nabisco” Teddy Graham Crackers\* (Honey, Cinnamon, Chocolate, Chocolate Chip)

**CRACKERS:**

* “Back to Nature”: Classic Round Crackers, Crispy Wheat Crackers\*, Crispy Cheddar Crackers\*,
* Organic Saltine Crackers, Organic Stoneground Wheat Crackers, Harvest Whole Wheat Crackers
* “Cheeze-Its” Crackers\* (Original, Reduced Fat, Scrabble Junior, Whole Grain)
* “Keebler” Club Crackers (Original, Reduced Fat, Multi-Grain)
* “Keebler” Club Minis (Original, Multigrain)
* “Keebler” Townhouse-Light Buttery Crackers (Original, Wheat, Reduced Fat)
* “Keebler” Zesta Saltine Crackers
* “Kraft” Handi Snacks (Premium Breadsticks n 'Cheeze Dip, Ritz Crackers-n-Cheese Dip)
* “Nabisco” Premium Soup & Oyster Crackers
* “Nabisco” Premium Saltine Crackers (Original, Unsalted Tops, Rounds-Whole Grain, Minis
* Original, Fresh Stacks)
* “Nabisco” Triscuits (Original, Reduced Fat, Minis Original)
* “Nabisco” Wheat Thins (Original\*, Reduced Fat, Multigrain, Honey Wheat Stix)
* “Nabisco” Ritz Crackers (Original, Whole Wheat, Reduced Fat)
* “Pepperidge Farms” Goldfish Crackers (Cheddar\*, Original\*, Colors\*, Whole Grain)
* “Pepperidge Farms” Golden Butter Crackers

**COOKIES:**

* “Austin” Zoo Animal Crackers
* “Back to Nature” Cookies : Chocolate Chunk, Mini Chocolate Chunk\*, Classic Creme, Crispy
* Oatmeal, Fudge Mint, Fudge Striped, California Lemon, Madagascar Vanilla Wafers
* “Divvies Cookies”(http://www.divvies.com): Chocolate Chip, Molasses Ginger, Chocolate Chip,
* Oatmeal Raisin, Sugar Cookies, Choco-lot Brownie Cookie
* “Keebler” Cookies: Deluxe Grahams (Fudge Covered), Fudge Stripe Cookies (Original, Minis\*,
* Dark Chocolate), Grasshoppers (Fudge Mint), EL Fudge Original (Butter Sandwich Cookies w/
* Fudge Creme filling)
* “Nabisco” Barnum's Animal Crackers (Original\*)
* “Nabisco” Biscos Sugar Wafers -Creme Filling
* “Nabisco” Chips Ahoy!: Original\*, Reduced Fat, Mini\*, Chewy, Oatmeal Chewy, Chunky
* (Chocolate,White Fudge), Chewy Gooey (Chocofudge, Megafudge, Caramel), Candy Blasts, Chips
* Ahoy Thin Crisps (100 Calorie packs)
* “Nabisco” Fig Newtons (Original\*, Mini\*, Whole Grain, Strawberry, Raspberry, Triple Berry, Sweet Peach & Apricot)
* “Nabisco” Lorna Doone Shortbread Cookies
* “Nabisco” Lorna Doone Shortbread Cookie Crisps (100 Calorie Packs)
* “Nabisco” Newtons Fruit Thins (Banana Dark Fudge, Cherry Vanilla, Cranberry Citrus Oat,
* Blueberry Brown Sugar, Lemon Crisp)
* “Nabisco”- Nilla Wafers (Original, Mini, Reduced Fat)
* “Nabisco” Oreo Sandwich Cookies: (Original\*, Reduced Fat, Double-Stuff\*, Heads or Tails, Minis\*,
* Golden, Golden Chocolate, Golden – Triple Chocolate Neopolitan, Berry Burst Ice Cream, Birthday
* Cake, Triple Double, Triple Double Neapolitan, Cool Mint)
* “Nabisco” Oreo Thin Crisps (100 Calorie packs)
* “Nabisco” Handi Snacks- Oreo 'Cookie Sticks 'n Creme Dip
* “Nabisco” Pinwheels Pure Chocolate and Marshmallow Cookies
* “Nabisco” Classics Snickerdoodle Cookies
* “Pepperidge Farm” Cookies: Milanos (Milanos\*, Milk Chocolate\*, Dark Chocolate, Mint Chocolate,
* Minis), Chessmen\*, Brussels, Bordeaux, Gingerman

**MARSHMALLOWS/ RICE KRISPIE TREAT BARS:**

* “Kelloggs” Rice Krispie Treat Bars (Original Only)
* “Kraft” Jet-Puffed Marshmallows: Original, Miniature, Stacker Mallows, Jumbo Mallows

**CHIPS:**

* “FritoLay” Cheetos (Crunchy\*, Puffs, Baked\*)
* “FritoLay” Doritos\* (Nacho Cheese, Ranch, Baked)
* “FritoLay” Fritos (Original\*, Scoops)
* “FritoLay” Ruffles Potato Chips (Original\*, Baked\*)
* “FritoLay” Lay's Potato chips (Classic\*, Wavy, Baked\*, Sour Cream & Onion, Barbecue)
* “FritoLay” Sunchips\* (Original, Harvest Cheddar, French Onion, Garden Salsa)
* “FritoLay” Tostitos Tortilla Chips (Original Restaurant Style, Bite Size, Scoops, Multigrain, Crispy
* Rounds)
* General Mills” Bugles (Original)
* “Jays” Potato Chips (Original, Crispy Ridges, Curly Waves)
* “Jays” O-Ke-Doke Corn Puffs
* “Pringles” Potato Chips (Original\*,Reduced Fat, Barbecue, Sour Cream & Onion\*, Cheddar
* Cheese\*)
* “Stacey’s Chips”-Pita Chips (Simply Naked, Parmesan Garlic & Herb)

**POPCORN:**

* “Divvies Gourmet Popcorn” (http://www.divvies.com): Caramel Corn, Chocolate Caramel Corn,
* Kettle Corn
* “Orville Redenbacher's” Microwave Popcorn (“Natural” Simply Salted, Smart Pop Butter 94% Fat
* Free)
* “Orville Redenbacher's” Original Popcorn Kernels
* “SkinnyPop” Popcorn\*
* “Smartfood” White Cheddar Cheese Flavored Popcorn\*

**JELLO /PUDDING SNACKS (NO Toppings/Mix Ins):**

* “Kraft” Jello Gelatin, Jello Pudding Snack, Handi Snacks Pudding (Any flavor)
* “Snack Pack” Pudding (ConAgra brand-any flavor)

**FROZEN TREATS:**

* “Creamsicle” 100 Calorie Bars (The Original Cream Bars) - Orange, Rasberry
* “Fudgsicle: Original Fudge Bars/Pops
* “Fun Pop” Fruit Flavored Freezable Beverage- Assorted Flavors (Alamance Foods brand)
* “ICEE Freeze” (J&J Snack Foods): Cherry, Blue Raspberry, Sour Apple
* “JelSert Brand”: Flavor Ice, Pop Ice, Frootee Ice Freezer Pops (All Flavors)
* “Market Pantry” (Target): Assorted Pops (lime, orange, grape, cherry), Fruit Bars (strawberry,
* grape), Blast Off Pops (cherry, blue raspberry and white lemon flavored ice pops)
* “Popsicle” Brand: Flavored Ice Pops (Banana, Lemon Lime, Root Beer, Orange, Cherry, Grape),
* Fire Cracker, Mighty Minis, Scribblers, Jolly Rancher, Marvel Heroes)
* “Yoscile” Brand (Vanilla frozen dairy dessert coated with flavored ice): Duos, Layerz, Torpedos,
* Swirlz

**CANDY:**

* Airheads Bars (Perfetti Van Melle USA Brand)
* Andees Mints (Tootsie Roll Brand) – Crème de menthe, Peppermint, Cherry
* Charlston Chews-Vanilla (Original, Minis)
* Charms Blow Pops Assorted Bubble Gum Filled Pops
* “Divvies Candy ” (http://www.divvies.com): BingGo!, Divvine Chocolate Bars, BingGo! Benjamint
* Crunch Bars, Chocolate Chips
* Dots
* Dum Dum Lollipops (Original, NO filling)
* “Enjoy Life” Boom Choco Boom Chocolate Bars (Dark Chocolate, Ricemilk Crunch, Ricemilk
* Chocolate)
* “Enjoy Life” Semi-Sweet Chocolate Mini Chips, Semi-Sweet Chocolate Mega Chunks
* Jolly Ranchers – Hard Candy (Original), Crunch-n-Chew (Original), Awesome Twosome Chewy,
* Bites Chewy
* Junior Mints, Junior Caramels (Tootsie Roll Brand)
* Lifesaver Gummies (5 Flavors\*, Collisons, Wild Berries, Sours)
* Red Vines Licorice-Original Red Twists, Red & Black Mixed Bites, Black Licorice Twists
* Ring Pops (Topps brand)
* Skittles (Original\*, Tropical, Wild Berry, Sour)
* Smarties Assorted Flavor Candy Rolls (Original)
* Sour Patch Kids Soft & Chewy Candy (Original\*, Watermelon)
* Sour Punch (American Licorice Co): Straws, Bites, Twists (Assorted Flavors)
* Starburst (Original\*, Tropical)
* Starburst Jelly Beans
* Swedish Fish – Original Red\*, Assorted Colors (Cadburry Adams Brand)
* Sweetarts Willy Wonka (Original, Chewy, Minis, Chews)
* Sweetart Hearts ‘Wonka’ (1.5 oz boxes, 18 oz bag, individual pouches)- NOT Necco brand
* Tootsie Rolls (Chocolate, Fruit)
* Tootsie Roll Pop Suckers
* Twizzlers Licorice (Cherry, Strawberry, Rainbow Twists, Cherry Bites, Cherry Pull-n-Peel)
* Willy Wonka: Laffy Taffy, Nerds (Original), Shockers, Bottle Caps, Gobstoppers, Runts
* Whoppers\* (Chocolate Covered Malted Milk Balls)
* York Peppermint Patties (NOT “Sugar Free”)

**DRINKS:**

* Bottled Water
* Fruit Juice: Capri Sun, Gatorade, HiC, Honest Kids, Juicy Juice, KoolAide Jammers, Minute Maid,
* Motts, Powerade, Welch’s (Any Flavors)
* Milk