

# Peanut-Free Snacks

When purchasing snacks or birthday treats for a school event that involves a child who has a peanut allergy, please read all ingredients carefully. Avoid snacks that contain peanuts, peanut flour, and peanut oil. Below you will find a list of snacks that are peanut-free at this time. It is always important to read ingredient labels since manufacturers change production methods.

## **Cereal/Bars**

### *General Mills*

Cinnamon Toast Crunch, Kix, Berry Berry Kix, Lucky Charms, Rice Chex, Corn Chex, Wheat Chex, Trix

### *Kellogg's*

Cereals - Corn Pops, Crispix, Fruit Loops, Post Alpha Bits, Quaker Cap 'N Crunch

*Nutri-Grain* - Apple, Blueberry, Raspberry

*Nutri-Grain* Twist - Banana & Strawberry, Strawberries & Cream

*Post-Honey Combs*

## **Cheese/Dairy**

Sargento

Mootown Snacks - Cheeze & Pretzels, Cheeze & Crackers, Cheeze & Sticks

Yogurt

Go-Gurt, Drinkables

Other Cheeses

Sliced, cubed, shredded, string cheese, cream cheese, spreads, dips

## **Crackers/Chips/Cookies**

### *Austin*

Zoo Animal Crackers

### *Betty Crocker*

Cinnamon Graham Cookies

Dunk Aroos

### *Frito Lay*

Cheetos - Crunch, Zigzag, Puffs

Rold Gold Pretzels

Sun Chips - Original, Sour Cream, Cheddar, Classic, Flavored

### *General Mills*

Bugles - Original

### *Keebler*

Bite Size Snackin Grahams - Cinnamon, Chocolate, Elf

Grahams - Honey, Cinnamon,

Fudge Stripes Shortbread Cookies

Golden Vanilla Wafers, Grasshopper Mint Cookies,

New Rainbow Vanilla Wafers

Munch'ems - Sour Cream & Onion, Original, Ranch, Cheddar

Snack Stix

Sugar Wafers

Toasteds - Wheat, Buttercrisp

Town House Classic Crackers

Wheatables - Original, Honey Wheat, Seven Grain

### *Kraft*

Handi-Snacks - Cheez 'N Crackers, Apple Dippers, Cheez 'N Pretzels

Handi-Snacks Teddy Grahams - Honey, Chocolate

*Nabisco*

Air Crisps

Potato - Sour Cream & Onion, Ranch, Barbeque, Cheddar

Pretzel - Original

Ritz - Original

Wheat Thins - Original, Ranch

Barnum Animal Crackers

Cheddar Sportz

Cheese Nips

Dizzy Grizzlies - Vanilla Frosted, Chocolate Frosted

Graham Crackers - Honey Maid, Cinnamon, Chocolate

Newtons - Fig, Cobblers, Raspberry, Apple

Ritz Crackers - Original

Saltine Crackers

Teddy Cheddy

Teddy Grahams - Cinnamon, Chocolatey Chip,

Chocolate, Honey

Triscuits, Triscuit Thin Crisps

Wheat Thins

Old Dutch

Baked Cheez Curls

Chips

Crunchy Curls

Pretzels

### *Pepperidge Farm*

Butter Thins, Goldfish - any flavor, Goldfish Graham

Snacks - Honey, Cinnamon, Golden

*Pringles*-Any flavor

### *Sunshine*

Cheez-It - Regular, Reduced Fat

Hi Ho Crackers - Regular, Reduced Fat

## **Fruit**

Fresh - Apples, Bananas, Oranges

Packaged Fruit - Apple Sauce, Apple Sauce mixes,

Diced Pears, Peaches, Raisins, Mandarin Oranges

Fruit Snacks - Fruit Roll Ups, Fruit by the Foot, Fun

Fruit

Jell-O and Pudding Snacks

## **Cakes/Cupcakes**

Sam's Club Bakery

White, Chocolate, Marble Cakes

## **Cookies/Donuts**

Check labels

## **Ice Cream/Frozen Treats**

*Edy's* -Whole Fruit Bars

*FlavorIce* - "Freezies"

*Good Humor* Popsicles

Sherbet Cyclone

*Icee* - Squeeze up tubes

### *Italian Ice*

*Kemps*-Fudge Bars - Regular and Junior Size, Ice

Cream Bars, Ice Cream Cups, Ice Cream Sandwiches

- Regular, Mint Chocolate Chip, Twin Pops - Any flavor

What's Up Orange Sherbet Treats

### *Klondike*

*Oreo* Ice Cream Sandwiches

Minute Maid-Soft Frozen Lemonade

Polar Express- Ice Cream Sandwiches

## **Vegetables**

Fresh Carrot Sticks, Celery Sticks