

**PEANUT/TREE-NUT FREE FOOD for FOOD ALLERGIES**  
**Approved List for Milford Schools**

All Fresh Fruit and Vegetables  
Sunmaid or Dole Brand Raisins  
Kraft Marshmallows  
Betty Crocker or Nabisco Brand Fruit Snacks  
Honey Maid Brand Grahams  
Teddy Grahams  
Marzetti Carmel Apple Dip (with apples)  
String Cheese  
Sargento-Mootown Crackers & Cheese Dip  
Popsecret or Orville Redenbacher popcorn, butter flavor OK  
Kelloggs-Original Rice Krispies Treats (pre-packaged only)  
Cheezits- brand cheese crackers  
Pepperidge Farms- Original goldfish or Chocolate graham goldfish  
Pudding cups or Gelatin cups all flavors-all brands  
Applesauce- individual snack cups any brand  
Vanilla wafer cookies Nabisco  
GoGurt- any flavors any brand  
Cherrios-plain  
Dorito's  
Lays brand plain chips  
Sun chips  
Pringles  
Rold Gold pretzels  
Fla-vor-ice popsicles

**Drinks:** Water, Sports Drinks, or Juice (Capri-sun, Kool-aid, Juicy Juice, Welch's, Minute-Maid)  
No carbonated soft drinks or energy drinks will be permitted

**ALL FOOD SHOULD HAVE A LABEL AND PREFER TO BE IN  
AN ORIGINAL UN-OPENED PACKAGE**

**All snacks must be double checked by the teacher and/or nurse before consumption as  
companies change ingredients without warning.**

**TEACHERS:** Snacks may be used for instructional purpose only if used off this approved list. The students may then consume their snack if there is no allergy to the ingredients. Candy may be permitted for instructional use if there is no allergy to the ingredients. Peanut/tree nut free candy examples: Skittles, Sweethearts, Lifesavers, Gummies.

**If you are unsure if the snack is safe, please consult the Nurse at your building.**

**No empty egg/milk/nut containers to be used for crafts/experiments at anytime.**

**This list is only a peanut and tree nut free food list. Any other allergies (milk,egg etc..) should be considered on an individual basis.**