

PEANUT/TREE-NUT FREE FOOD for FOOD ALLERGIES

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.