

\* This following list was taken from available resources on line. However, “Please note although these foods are considered peanut safe foods and therefore are safe to give to children with peanut allergies at the time this is printed, please note that it is ALWAYS necessary to read the ingredients of all snacks prior to allowing your child to bring them to school to eat (or to have Teachers serve them to other children) because manufacturers do make production changes from time to time, meaning that a food that is considered peanut safe at the present time might not always be safe in the future.”

**Snacks:**

Shark Bites  
Fruit by the Foot  
Rice Krispie Treats  
Trix Fruit snacks  
Betty Crocker or Nabisco fruit snacks including:  
Fruit roll-ups/Gushers

**Cookies:**

Regular Oreo's (only)  
Teddy Grahams  
Pepperidge Farm Milanos, Chessman, Shortbread  
and Sugar Cookies  
Honey Maid Graham Crackers  
( Nabisco or Honeymaid, not Annies brand)  
Keebler Butter Cookies and Grasshopper cookie  
Nabisco Barnum Animal Crackers  
Oatmeal ,Iced Oatmeal and Fig Newton's  
Vanilla Wafers  
Teddy Grahams-  
(honey,chocolate)

**Chips:**

Nabisco Wheat thins  
and Triscuits  
Sunchips  
Saltines  
Goldfish (pizza, cheese)  
Rold Gold Pretzels  
Triscuits  
Club Crackers  
Fritos  
Cheetos  
Cheese Puffs  
Tostitos  
Puffed Corn-  
(not caramel flavor)  
Cheese Nibs  
Cheez-its  
Ritz-  
(not the cheese or  
peanut butter varieties)  
Kraft Hand snack  
(not the pretzel and  
peanut butter variety)  
Wheat Thins  
Pringles- original only  
Popcorn (Pop  
Secret, Orville  
Redenbacher, Healthy  
Choice)  
Doritos  
Potato Chips (not the kettle  
Cooked brands)

**Vegatables:**

All Vegetables

**Fruits:**

Applesauce cups

All fresh fruits

Dole fruit bowls

**Snack Cakes:**

Hostess Hobos

Hostess Ding-Dongs

Hostess Donuts

Entenmann's Little Bites ( fudge brownies ,blueberry or choc chip muffins)

Hostess cupcakes

Hostess Twinkies

**Other Healthy Choices:**

Cheese

Yogurt (but not the soy brand of yogurt)

Mini Marshmallows

Hershey Chocolate pudding tubes

Hunts Juicy Gels

Vanilla and Chocolate Pudding

Good Humor Fudgesicles

Popsicles,Fire Crackers,Micro Pops, and Scribblers

Tropicana Fruit Juice Bars

Welch's Fruit Juice Popsicles

Sunmaid Raisins (not yogurt covered)

**Candy:**

Starburst

Skittles

Twizzlers

Milk Duds

Jolly Ranchers

Sweet Tarts

Life Savers

Tootsie rolls ( anything by Tootsie-Tootsie Pop, Dots, Junior Mints, Blow Pops, Sugar Babies)

Sour Patch Kids

**Cereal's:**

Trix

Cheerios (not the Frosted or Honey Nut variety)

Kix

Life

Lucky Charms

Rice Check

Fruit Loops

**\*\*New additional items added to the Food List:**

**Ice Cream:**

Philly swirl

Brayers- Vanilla ice cream, French vanilla, Chocolate chip, Chocolate, Strawberry

Kroger Brand- ice cream sandwiches, sundae cups, strawberry shortcake bars

Klondike bars

Keebler -ice cream cones

Jello Brand pudding pops

Deans-Neapolitan ice cream sandwiches,

Orange push-up pops

Good Humor- Strawberry shortcake bars, Chocolate éclair bars

**Cookies:**

Keebler Bug bites

Keebler Fudge stripes

Keebler Fudge Grahams

Fudge sandwich cookies

Chips Ahoys

**Other:**

Jello cups

String cheese

Lender/Thomas small plain bagels

(plain cream cheese)

Nutrigrain bars- apple/berry/strawberry

Special K bars- not nut/honey variety

Poptarts/poptart snack stix's

5-pack Handisnacks-Breadstick and cheese, Mister Salty pretzel and cheese, Oreo cookies and cream, Ritz crackers and cheese

**Pizza's:**

Monicals Pizza

Pizza Hut

Not Casey's as donuts with peanuts are made in their facility

**Cereal's:**

Corn Flakes

Raisin Brand

Crispix

Wheaties

Frosted mini wheats

Frosted flakes

**Dips (for fruit or vegetables):**

Kraft Ranch

T-Marzetti -Buttermilk ranch, veggie dip, chocolate fruit dip and caramel fruit dip

Hidden Valley Ranch Dip

**Candy:**

Rolo's

Runts

Ringpops

Pixie sticks

Sixlets

Sprees

Smarties

Blow pops

Mike & Ikes

Laffy Taffy

Dum-Dum suckers

Gummy Bears

Junior mints

Jolly Ranchers

Hershey kissable

Nerds

**\*\*These Brands may contain Traces of Nuts so should not be brought in as a snack choice:**

All Little Debbie's products

All Mars products

All Snyder's Pretzels

Some Keebler products

Granola products

Most Easter and Christmas chocolates

Most Animal crackers (except Barnum's)

Most duplex cookies

Many "natural brands"

\* Please note that store brought cupcakes from the bakery are not approved as they may contain Peanut oil or peanut products.

