

Nut-free School Lunch Add-Ons

Nut-free ideas for snacks and add-ons to school lunches



Peanut & Tree Nut-Free Safe Snacks

As parents and members of the school community, we try our best to be cautious when giving a list of “safe packaged foods”. This is because ingredient lists change sometimes often. Here is a current list of allowed products for peanut and tree nut allergies. We cannot stress enough the importance of label reading every time you purchase and pack. All snacks that contain peanuts and/ or tree nuts and their derivatives are unsafe. In addition to those snacks, any products with labels stating “may contain traces of peanuts or tree nuts” or “processed in a plant that process peanuts or tree nuts” are considered unsafe.

Allowed Snacks:

- Frito Lay Brand Doritos Cheetos Puffs & Twisted Fritos Ruffles Lays Classic, Wavy & Original chips Tostitos Rod Gold Pretzels Braided Twists Baked Lays Baked, Tostitos Scoop Chips, Sunchips
- Skinny Pop Popcorn
- Crackers (Wheat Thins, plain Triscuits, Goldfish Cheddar Crackers)
- Pretzels (Newman's Own, Rold Gold, Bachmann, Pepperidge Farm Pretzel Goldfish, Herrs Pretzel Thins)
- Goldfish Giant Graham Crackers

- Wise's Snacks Potato Chips, Popcorn, Cheez Doodles
 - Potato chips (popchips, Baked Lay's, Pringles, Ruffles)
 - Pirates Booty
 - Yogurt(Dannon, Yoplait, Trix)
 - Dole and Delmonte Peach Cups, Fruit Cocktail and Pears, Applesauce Cups
 - Snack Pack Chocolate Pudding Cup
 - Land o Lake Mozzarella Cheese Sticks, Kraft String-Ums Cheese
 - Cheese (stick, cube, round, slice)
 - Fresh Fruit, Raisins, Craisins, Apple Slices, Grapes, Bananas, Melons.
 - Fresh Vegetables- Carrot Sticks, Celery Sticks, Pepper Rings
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- Nabisco Teddy Grahams
 - Nabisco Vanilla Wafers and Fig Newtons Plain
 - Betty Crocker Fruit Roll Ups
 - Welch's Fruit Snack
 - Kellogg's Plain Rice Krispie Treats
 - Poptarts- Strawberry, Chocolate Fudge and Cinnamon
 - Nutitgrain Bar- Strawberry, Blueberry, Cherry, Apple
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- Nabisco Premium Saltines
 - Nabisco Cheese Nips
 - Nabisco Honey Maid Graham Crackers
 - Barnums's Animal Crackers
 - Keebler Graham Crackers Plain

Trail Mixes and Granola are NOT SAFE

PLEASE NOTE: FOOD LABELS/INGREDIENTS MAY CHANGE OVER TIME, SO IT IS ALWAYS RECCOMENDED THAT YOU READ THE LABEL BEFORE PURCHASING SNACKS. PLEASE READ LABELS CAREFULLY TO MAKE SURE THAT PRODUCTS ARE NUT FREE. THIS INCLUDES LABELS THAT READ "MAY CONTAIN TRACES OF PEANUTS/NUTS, PLEASE AVOID SNACKS THAT CONTAIN PEANUTS, PEANUT FLOUR, PEANUT OIL OR PEANUT BUTTER OR OTHER NUTS.

THANK YOU FOR YOUR CONSIDERATION AND SUPPORT IN KEEPING THE FOOD – ALLERGIC STUDENT'S SAFE FROM HAVING A LIFE THREATING ALLERGIC REACTION AT SCHOOL.