

Peanut and Nut Safe Snacks



ALWAYS READ THE LABEL: Any individual or packaged product is safe if there is NO peanut/nut product or warning of cross contamination listed in the ingredients. Pay particular attention to a statement at the end of the ingredient list that may indicate the product is processed in a facility or on equipment that also processes peanuts/tree nuts. This would indicate that product is **NOT safe** from peanut allergens. When in doubt it is always best to bring in the package and have the health room nurse check it. Manufacturers change how they process their foods every day. What is safe today may not be safe tomorrow. **ALWAYS READ THE LABEL**

- **Fresh Fruit**
- **Fresh Vegetables**
- **Rice Cakes**
- **Cheese, string cheese, cheese slices or cubes**
- **½ whole grain sandwich (check label on bread for possible peanut allergens)**
- **½ whole grain English Muffin (check label on muffins for possible peanut allergens)**
- **Raisin, Craisins, Dried Fruit**
- **Whole grain tortilla, cream cheese, fruit (healthy version of fruit roll-up)**
- **Goldfish Crackers**
- **Townhouse Crackers**
- **Wheat Thins: Big(8oz), Original (8oz), Reduced Fat (8oz)**
- **Wheat Thins Toasted Chips: multigrain**
- **Barnum's Animal Crackers: 2 1/8 oz boxes, 8 oz bags**
- **Honey Maid Graham Crackers: original**
- **Favorite Brand Graham Crackers: honey**

- **Favorite brand Saltines**
- **Motts Applesauce:** natural
- **Favorite Applesauce:** unsweetened, original
- **Pretzels:** Old Dutch Brand, Jays sticks and thins
- **Chex 100 Calorie Pouches:** chocolate caramel, cheddar, strawberry yogurt

Special Occasions

Birthday and Holiday parties

- **Oreos:** Regular, Double Stuffed, Golden, Dunkster (1lb 2oz pkgs)
12 pack (2oz bags)
Mini Oreos (8oz bag, 12 pack- 1.25 oz bag)
- **Chips Ahoy:** 12 pack,
Mini Chips Ahoy (8oz bag, 12 pack-1.25 oz bag)

Please do not send ANY home baked products into school.