

**PEANUT/NUT FREE SNACKS**

When purchasing snacks or birthday treats for a school event that involves a child who has a peanut/nut allergy, please read all ingredients carefully. Avoid snacks that contain peanuts, peanut flour, peanut oil, and nuts.

Below you will find a list of snacks that are peanut-nut free at this time. It is always important to read ingredient labels since manufacturers change production methods.

	<b>Cereal/Bars</b>	
<b>General Mills</b> - Cinnamon Toast Crunch, Kix, Berry Berry Kix Lucky Charms, Rice Chex, Corn Chex, Wheat Chex, Trix	<b>Kellogg's</b> - Corn Pops, Crispix, Fruit Loops, Post Alpha Bits, Quaker Cap 'N Crunch	<b>Post</b> - Honey Combs
	<b>Cheese/Dairy</b>	
<b>Mootown Snacks</b> Go-Gurt, Drinkables	Cheese & Pretzels Cheese & Sticks	Cheese and Crackers Sliced, cubed, shredded, string cheese, cream cheese, spreads, dips
	<b><u>Crackers/Chips/Cookies</u></b>	
<b>Austin Zoo</b> Animal Crackers	<b>Betty Crocker</b> Cinnamon Graham Cookies, Dunk Aroos, Sprinkled Vanilla Frosting	<b>Frito Lay</b> - Cheetos – Crunch, Zigzag, Puffs, Rold Gold Pretzels, Sun Chips – original, sour cream, cheddar, classic, flavored
<b>General Mills</b> -Bugles- original  <b>Pringles</b> - any flavor  <b>Keebler</b> – Bite size Snackin Grahams – cinnamon, chocolate, Elf grahams – honey, cinnamon, Fudge stripes shortbread cookies, Golden Vanilla Wafers, Grasshopper mint cookies, New Rainbow vanilla wafers, Munch'ems-sour cream & onion, original, ranch, cheddar, Snack stix, Sugar wafers, Toasteds – wheat, buttercrisp, Town House classic crackers, Wheatables – original, honey wheat, seven grain	<b>Kraft</b> -Handi-Snacks-Cheez 'n Crackers, Apple Dippers, Cheez 'n Pretzels, Handi Snacks Teddy Grahams – honey, chocolate  <b>Sunshine</b> – Big Cheez-it, Cheez-it-regular, reduced fat, Hi Ho crackers – regular, reduced fat  <b>Nabisco</b> – Air crisps – potato, sour cream & onion, ranch, barbeque, cheddar, Pretzel – original, Ritz, original, Wheat Thins – original, ranch, Barnum Animal Crackers, Cheddar sportz, Cheese Nips, Dizzy grizzlies – vanilla frosted, chocolate frosted, Graham crackers –cinnamon, chocolatey chip, chocolate, honey, Triscuits, Triscuit thin crisps, Wheat Thins	<b>Pepperidge Farm</b> -Butter Thins, Goldfish – any flavor, Goldfish Graham Snacks-honey, cinnamon, golden  <b>Old Dutch</b> – Baked Cheez Curls, chips, Crunchy Curls, pretzels  <b>Nabisco</b> - Honey Maid, cinnamon, chocolate, Newtons – fig, cobbles, raspberry, apple, Ritz crackers, saltine crackers, Teddy Cheddy, Teddy Grahams

<u><b>Fruit</b></u>	<u><b>Popcorn</b></u>	<u><b>Vegetables</b></u>
<p>Fresh – apples, bananas, oranges, grapes</p> <p><b>Jell-O and Pudding snacks</b></p>	<p><b>Barrel O'Fun</b> – corn pops (no kernels), <b>Frito Lay</b> – cheddar cheese, chester's popcorn butter, <b>Old Dutch Popcorn</b> – carmel puffedcorns, cheddar, white, white cheddar</p>	<p>Fresh carrot sticks, celery sticks</p>
<u><b>Candy</b></u>	<u><b>Ice Cream</b></u>	<u><b>Cookies/Donuts/Cupcakes</b></u>
<p>Air Heads, Dum Dum Pops, Gum Drops, Hershey Kisses – milk chocolate, extra creamy, Jolly Ranchers, Junior Mints, Life Savers, Lollipops, Mike &amp; Ikes, Milk Duds, Nerds, Oompas, Ring Pops, Rolos, Runts, Shock Tarts, Sixlets, Skittles, Smarties, Spree, Starburst, Sugar Babies, Sweet Tarts, Tootsie Pops, Tootsie Rolls, Twizzlers</p>	<p><b>Edy's</b> – Whole fruit Bars, <b>Flavorice</b> – "Freezies", <b>Good Humor Popsicles</b> – sherbet cyclone, <b>Icee</b> – squeeze up tubes, <b>Italian Ice</b>, <b>Kemps</b> – fudge bars-regular and junior size, ice cream bars, ice cream cups, ice cream sandwiches – regular, mint chocolate chip, twin pops – any flavor, what's up orange sherbet treats, <b>Klondike</b> – oreo ice cream sandwiches, <b>Minute Maid</b> – soft frozen lemonade, <b>Polar Express</b> – ice cream sandwiches</p>	<p><u><b>Cakes/cupcakes</b></u> – <b>Cub Foods Bakery, Sam's Club Bakery</b> – white, chocolate, marble cakes</p> <p><b>Cub Foods Bakery</b> donuts/donut holes – glazed, powdered sugar, sugar, sugar cookies</p>