

NUT-FREE SNACKS

Snack Ideas for Classroom Parties

(These items are BOTH nut-free and produced in a nut-free environment)

***Ukrop's Bakery products (both pre-packaged and store-made) are not made in a nut-free environment.**

Fruits

All fresh fruit
Dole Fruit Bowls
Del Monte Fruit-To-Go Cups
Raisins (Sun-Maid, Dole and Sunkist)
No Chocolate covered Raisins
Applesauce Cups
Motts Fruit Blasters Applesauce Tubes

Vegetables

All fresh vegetables

Gummy Snacks

Only Betty Crocker or Nabisco Fruit Snacks
(not Brach's):

- Fruit Roll Ups
- Fruit by the Foot
- Gushers
- Shark Bites
- Fun Fruits
- Scooby Doo Fruit Snacks
- Trix Fruit Snacks
- Hi-C Fruit Snacks
- Pokemon Fruit Snacks

Jellos & Puddings

Hershey's Chocolate Pudding Tubes
Kraft Handi-Snacks – Wacky Gels, Vanilla & Chocolate Pudding
Hunts – Juicy Gels, Vanilla & Chocolate Pudding
Jello – Gelatin Cups, X-treme Jello Tubes, Vanilla, Chocolate & Oreo Pudding
Dole Fruit-n-Gel Bowls
Del Monte Fruit & Gel-To-Go Bowls

Cookies

Nilla Wafers
Oreos, Mini Oreos & Double Stuffed (Original only)
Chips-A-Hoy (not minis)
Bisco Wafers
Teddy Grahams – Chocolate, Cinnamon & Honey
Pepperidge Farm – Milano, Chessmen, Shortbread and Sugar Cookies
Keebler – Butter Cookies, Grasshopper Cookies
Kellogg's Pop Tarts
Nabisco – Barnum Animal Crackers (not iced), Oatmeal & Iced Oatmeal Cookies
Cameo Cookies, Fig Newtons
Kool Stuff Strawberry Seas Bars
Hostess Ho-Ho's, Cupcakes & Twinkies
Rice Krispie Treats (plain only)
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

Frozen Treats

Minute Maid – Juice Bars, Fruit & Cream Swirls, Frozen Lemonade
Good Humor – Fudgesicles, Popsicles, Fire Crackers, MicoPops, and Scribblers
Hood Ice Cream Cups (Van/Choc)
Hood ½ gallon ice cream (Van/Choc/Straw)
Edy's Ice Cream (Van/Choc/Straw)
Breyer's Ice Cream (Van/Choc/Straw)
Nestle – Icecreamers, Flintstones Rainbow Sherbert Treats & Juicy Juice Frozen Pops
Lick-A-Colors
Tropicana Fruit Juice Bars
Welch's Fruit Juice Popsicles
ICEE Frozen Treats

It is critical to read the ingredient list every time you purchase a product since ingredients can change without notice. Avoid products that contain statements, "May contain traces of peanuts or other nuts" or "Manufactured in a facility that also processes peanut or other nuts".

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Crackers, Breads & Cereals

Bagels – Lenders, Thomas'
Honey Maid – Cinnamon Grahams & Sticks,
Honey Grahams & Sticks
Ritz Crackers (plain only, not sandwiches)
Keebler Club Crackers (original only)
Kellogg's Cereal – Corns Pops, Fruit Loops,
Apple Jacks
Nabisco Saltines
Kellogg's Nutri-Grain Fruit Bars
Kellogg's Crunch Cereal Bars (without nuts)
Sunshine Cheez-Its
Triscuit
Wheat Thins – plain only
Pepperidge Farm Cheddar Goldfish (plain,
Pretzel and cheddar)
Sargento – Mootown Crackers & Cheese Dip
Keebler Town House Crackers
Sportz Cheddar Crackers
Kraft Handi-Snacks Cinnamon Graham Crackers
With Applesauce Dip
Kraft Handi-Snacks Crackers with Cheese Dip
Cheese Its Party Mix
Cheese Nips
Combos
New York Style Bagel Chips
Quakers Rice Cakes
Quaker Snack Mix – Traditional
Ritz Toasted Chips

Baking Items

Betty Crocker Cake Mixes and Frosting
Betty Crocker Sugar Cookie Mix
Duncan Hines Frosting
Kroger Brand Chocolate and White Chocolate
Chips
Martha White Muffin Mixes (without Nuts)
Pillsbury Cake Mixes and Frosting
Pillsbury Fridge: Cinnamon Rolls, Pizza Crust,
Crescent Rolls, Slice and Bake Sugar and
Chocolate Chip Cookies, Pie Crusts

Miscellaneous

Cheese
Cream Cheese
Yogurt – Gogurt, Danimals, and many others (but
not soy brands or stir-ins)
Hershey's Syrup
Cook Whip (any flavor)
Squeezable jelly
Spray whipped cream (almost every brand)
T. Mazettis Carmel Apple Dip (with apples)
Pizza – Papa John's, Dominoes, Pizza Hut
Candy – Starburst, Skittles, Twizzlers, Hershey's
Milk Chocolate Bars (not with almonds) and
Hershey Kisses (not with almonds & not hugs)
Milk Duds, DOTS, Sour Patch Kids, Dum-Dums,
Smarties, Tootsie Rolls, and Tootsie Roll Pops,
Sweet Tarts, Wonka Laffy Taffy, Wonka Nerds
Jet Puffed Marshmallows

Salty Snacks

Pretzels – Rold Gold ONLY
Ruffles Potato Chips
Lays Potato Chips (plain only)
Fritos
Doritos (not crackers)
Cheetos
Tostitos
Pringles (original only)
Popcorn – Pop Secret, Orville Redenbacher,
Healthy Choice

Treats

Krispy Cream Donuts
Kroger Bagged Donuts
Food Lion Vanilla Ice Cream
Bluebird Bagged Donuts

While these snacks are all yummy and appropriate for the occasional classroom party, many of them are not nutritious enough to be brought in for the regular, daily snack. Please refer to the school's guidelines on choosing nutritional foods for the daily snacks. Thanks!