

## 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!**