

# **Peanut and Tree Nut Free Snack List**

## **Snacks allowed at School**

To ensure the safety of all our students, Graham Elementary is a Peanut and Tree Nut free school. A list of approved snacks is available on the school website. Only items from this list will be allowed at holiday celebrations, which are Fall, Winter and Valentine's Day as well as personal snacks.

*The following list is to provide parents and staff with guidance on choosing school snacks that are peanut and tree nut free.*

**PLEASE READ FOOD LABELS** each time you purchase an item. Manufacturers may have changed ingredients or manufacturing processes since your last purchase. Please do not purchase items with a statement of: "contains", "may contain", "manufactured in the same facility as" or "processed on shared equipment with" peanuts or tree nuts.

The following items have been found to be free from peanut or tree nut.

### **Fruit and Veggies**

- Clementines (Cuties or Halos)
- Orange
- Banana
- Applesauce cups (regular or unsweetened)
- Mott's Flavored Applesauce cups
- Mandarin orange cups
- Pear or Peach cups
- Raisins or Craisins (no yogurt or chocolate covered)
- Pre-Packaged Sliced Apples
- Pre-packaged, cut Fresh vegetables (baby carrots, celery sticks, broccoli/cauliflower florets, pepper strips, etc.)
- Frozen Fruit Juice Bars (Breyer's Pure Fruit, Dole, Minute Maid)
- 100% Fruit Juice (Minute Maid, Apple & Eve, Juicy Juice)

### **Fruit/Veggie Dips**

- Kraft or Hidden Valley Ranch (Regular, Light, or Fat Free)
- Marzetti Veggie Ranch Dip
- Marzetti Caramel Dip
- Marzetti Cream Cheese Dip

### **Dairy**

- Yogurt (Dannon, Yoplait, Stonyfield)
- Go-gurt or Danimals Squeezables
- String Cheese

- Kraft cheese cubes or sliced cheese

### **Sweet Snacks**

- Kellogg's Nutri-grain Bar (apple, cherry, blueberry, raspberry)
- Animal Crackers (Barnum, Austin Zoo)
- Honey-Maid Graham Crackers (Chocolate, Cinnamon, Honey)
- Teddy Grahams
- Vanilla Wafers
- Keebler Elf Grahams
- Annie's Organic Bunny Grahams
- Welch's 100% Fruit Snacks

### **Salty Snacks**

- Wheat Thins or Triscuits
- Annie's Organic Cheddar Crackers
- Goldfish Crackers
- Rold Gold Pretzels
- Special K Cracker Chips
- Baked Lay's/Doritos/Cheetos
- Baked Tostitos w/Salsa
- SunChips