

Suggested Ideas for Peanut and Tree Nut Free Snacks*

(*This list pertains to peanuts and tree nuts please be aware that other allergens such as milk, eggs, wheat and soy may be present)

St. Thomas Aquinas Catholic School is an allergy friendly school. Food and/or drink must NOT contain any nuts, peanuts, or peanut/nut butters or any warnings about being made in or on shared facilities with those ingredients or any warning that they may contain those ingredients. Following is a list of *suggested* ideas for classroom snacks or for use at school events. Please remember to **ALWAYS** read the manufacturing label before purchasing. Manufacturing processes change daily and items on this list may become unsafe. If the label has an allergen statement that reads similar to any of the following, it is NOT a safe food.

“...this item contains peanuts...”

“...this item may contain peanuts or tree nuts...”

“...this item was processed in a facility that manufactures peanuts and tree nuts...”

“...this item may contain some cross contamination of an allergen such as peanuts and/or tree nuts...”

Please remember that this list should only be used as a guideline. There a **many** other items available that are peanut and tree nut free.

Fresh Fruit	Hard Boiled Eggs
Fresh Vegetables	Lunch Meat
Applesauce	Sliced Cheese
Fruit Cups	String Cheese
Raisins	Yogurt

FOR SCHOOL WIDE EVENTS – USE INDIVIDUAL SERVE PACKAGES OR RETAIN ALL PACKAGING.

Bachman:

Jax
Popcorn
Potato Chips
Pretzels
Tortilla Chips

Cereals:

Apple Jacks
Cheerios (Plain,
Multi-Grain,
Apple Cinnamon)
Kix
Life
Lucky Charm
Rice Krispies

Cherrybrook

Kitchens:
All products

General Mills:

Betty Crocker
Fruit by the Foot
Fruit Gushers
Fruit Roll-ups

Frito Lay:

Cheetos
Doritos
Fritos
Lays Potato Chips
Lays Stax
Munchos
Rold Gold Pretzels
Ruffles Potato Chips
Smart Food
(NOT clusters)
Sun Chips
Tostitos Chips

Kellogg:

Fruit Snacks
Fruit Streamers
Nutri-Grain Cereal Bars
Nutri-Grain Yogurt Bars
Poptarts
Rice Krispy Treats
Smart Start Bars
Yogos

Jell-O:

Gelatin Snacks
Pudding Snacks

Nabisco:

Chips-a-Hoy
Fig Newtons
Gingersnaps
Graham Crackers/Sticks
Kraft Cheese Nips
Nilla Wafers
Ritz Crackers (NOT
sandwich filled)
Teddy Grahams
Triscuits
Wheat Thins

Keebler:

Club Crackers
Graham Crackers/Sticks
Scooby-Doo Crackers
Townhouse Crackers
Zesta Crackers
FudgeShoppe
Grasshopper
FudgeShoppe Grahams
Gripz Rainbow
Gripz Deluxe
Gripz Cheez-It
Vanilla Wafers
Vienna Fingers

Pepperidge Farms:

Goldfish
Mini bagels

Sunshine:

Cheez-It Crackers
Cheez-It Party Mix
Cheez-It Right Bites

UTZ:

Regular Potato Chips
Popcorn
Pretzels

Wise:

Cheez Doodles
Potato Chips
Pretzels
Tortilla Chips

[Rev: Sept, 2010]
Peanut_Tree Nut Free List