

LUNCH/SNACK IDEAS THAT DO NOT CONTAIN PEANUTS OR TREE NUTS

- Dry Cereal Make sure to check label
 - Cheese and crackers
 - Salad (add chicken or turkey cubes)
 - Bagel pizza
 - Rice with veggies
 - Pasta salad
 - Drinkable yogurt
 - Chicken noodle soup or any soup in a thermos
 - Homemade lunchables – crackers, squares or turkey, circles of cheese
- * rolled up deli meat and cheese
 - * Cottage Cheese
 - * Spaghetti
 - * Macaroni and cheese
 - * Tortellini salad
 - * Cheese Sticks

Bread Ideas

- Pita
- Muffins
- Mini bagel
- Matzo
- Whole wheat bun
- Quick bread (pumpkin, apple, etc)
- Bread sticks and butter

Fillings

- * Cream cheese-plain, strawberry, raspberry, blueberry, pineapple
- * Plain cream cheese with jelly, apple butter, shredded veggies
- * Deli meats
 - * Tuna

Veggie ideas

- * Baby carrots
- * Cucumber or pickle slices
- * Olives
- * Celery sticks
- * Salad with side dressing

- * Sugar snap peas
- * Grape tomatoes
- * Grapes

Fruit Ideas

- * Cut up apples
- * Melon balls or cubes
- * Dried fruit chips or raisins
- * Clementines or oranges
- * Mandarin oranges (drained or lite)
- * Pineapple chunks
- * Apple sauce or Jell-O w/ fruit

TIPS

- * Try to get your child to help pick out what they would like at the grocery store and then they can help make their snacks/lunches for school.
- * Food warmed and put into a thermos provides a hot lunch
- * Freezer packs or frozen juice boxes will keep necessary items chilled
- * Always read each ingredient and allergen statement because ingredients may change.
- Food that “may contain traces of nuts,” or is “made on shared equipment/facility if NOT safe.

BRAND NAMES FOODS WITHOUT NUTS AND PEANUTS

Fruits/Vegetables

Any fresh fruit or vegetable – washed (please clean cutting board and knife thoroughly before preparing) Del Monte, Dole, Motts, Musselmans fruit ups or applesauce, Materne GoGo Squeez Applesauce, SunMaid Raisins (individual boxes only), Ocean Spray Cuisine

Dairy

Kraft or Sargento Cheese Sticks or Cubes
Yoplait Go-Gurt yogurt tubes or Yumsters yogurt cups

Cereal

General Mills Cheerios (Original, Multi Grain, Fruity Cheerios only)
General Mills Chex cereals – NOT frosted Chex, NOT Chex mixes
Quaker Life cereal
Kellogg's Crispix, Kellogg's Mini Wheats, Kellogg's Froot Loops, Kellogg's Apple Jacks

Crackers

Ritz Crackers (Plain only) – NOT Cracker sandwiches
Keebler Club, Keebler town House, Keebler Snack Sticks
Barnum's Animal Crackers
Nabisco Wheat Thins, Triscuits, or Premium Saltines
Sunshine Krispy Saltines

Cheese Crackers:

Sunshine Cheez Its (Original)
Nabisco Cheese Nips (Cheddar, Four Cheese)
Pepperidge Farm Goldfish – NOT cracker sandwiches

Graham Crackers

Nabisco honey maid Graham Crackers, Honey Sticks, Cinnamon Sticks
Keebler Grahams (Cinnamon crisp, Original, Honey, Sticks, Bug Bites)
Nabisco Teddy Grahams (Honey, Cinnamon, Chocolate)

Pretzels

Goldfish pretzels
Rold Gold pretzels – NOT pretzel sandwiches

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Snack/Cereal Bars:

Enjoy Life snack bars (caramel apple, cocoa loco, very berry)
Nabisco Fig Newtons (fig, raspberry, strawberry, whole grain)
Kellogg's Nutri_grain Cereal bars 9fruit flavors, NOT fruit and nut bars)
Kellogg's Fruit Loop cereal and milk bars
Kellogg's Special K bars (NOT nut flavors)

NO NUT TREATS FOR SPECIAL EVENTS

Frozen Treats

Philly Swirl (SwirlStix, SwirlWich, Popperz, Pops and Italian Ice)
Popsicle brand fruit flavor popsicles (Orange, Cherry, Grape, Rainbow,
Scribblers, Life Saver Pops)
Minutemaids brand Frozen Fruit Juice Bars (Orange, Cherry, grape)
Skinny Cow chocolate and vanilla ice cream sandwiches
Flavor ice tubes
Small cups of ice cream (Hoodsies or Biy Y Brand)
Whole Fruit Frozen Fruit Bars (JJ Company)

Cookie/Sweets

Enjoy Life cookies (Caramel apple, Cocoa loco, Very Berry)
Nabisco Oreos 9original flavor only)=- NOT peanut butter, NOT mint
Kellogg's Rice Krispies Treats (original only)-NOT chocolate chip or peanut
Butter
Nabisco Nilla Wafers
Kellogg's Go Tarts or Kelloggs pop tarts (fruit flavors)
Keebler Fudge Strip Cookies
Betty Crocker fruit Snacks, Betty Crocker Fruit Rollups
Stretch Island fruit Co. Fruit Leather
Archer Farms fruit Leather
Florida's natural All'some fruit nuggets
Small size cupcakes with icing (Stop and Shop Brand)
Little Bites (Entenmanns brand)
Fruit muffins (Stop and Shop brand)

Pudding

Jell-O Gelatin Snack cups
Hunts Snack pack gel snacks
DelMonte fruit and Gel cups

Chips

Pringles
Frito Lay Baked Lays Potato chips, Doritos, Tostitos, Cheetos, Fritos, Ruffles