

Peanut-Free Snacks

When purchasing snacks or birthday treats for a school event that involves a child who has a peanut allergy, please read all ingredients carefully. **Avoid snacks that contain peanuts, peanut flour, and peanut oil.**

Below you will find a list of snacks that are peanut-free at this time. It is always important to read ingredient labels since manufacturers change production methods.

Cereal/Bars

General Mills

- Cinnamon Toast Crunch
- Kix, Berry Berry Kix
- Lucky Charms
- Rice Chex, Corn Chex, Wheat Chex
- Trix

Kellogg's

- Cereals - Corn Pops, Crispix, Fruit Loops, Post Alpha Bits, Quaker Cap 'N Crunch
- Nutri-Grain - Apple, Blueberry, Raspberry
- Nutri-Grain Twist - Banana & Strawberry, Strawberries & Cream

Post

- Honey Combs

Cheese/Dairy

Sargento

- Mootown Snacks - Cheeze & Pretzels, Cheeze & Crackers, Cheeze & Sticks

Yogurt

- Go-Gurt, Drinkables

Other Cheeses

- Sliced, cubed, shredded, string cheese, cream cheese, spreads, dips

Crackers/Chips/Cookies

Austin

- Zoo Animal Crackers

Betty Crocker

- Cinnamon Graham Cookies
- Dunk Aroos
- Sprinkled Vanilla Frosting

Frito Lay

- Cheetos - Crunch, Zigzag, Puffs
- Rold Gold Pretzels
- Sun Chips - Original, Sour Cream, Cheddar, Classic, Flavored

General Mills

- Bugles - Original

Keebler

- Bite Size Snackin Grahams - Cinnamon, Chocolate
- Elf Grahams - Honey, Cinnamon
- Fudge Stripes Shortbread Cookies
- Golden Vanilla Wafers
- Grasshopper Mint Cookies
- New Rainbow Vanilla Wafers
- Munch'ems - Sour Cream & Onion, Original, Ranch, Cheddar
- Snack Stix
- Sugar Wafers
- Toasteds - Wheat, Buttercrisp
- Town House Classic Crackers
- Wheatables - Original, Honey Wheat, Seven Grain

Kraft

- Handi-Snacks - Cheez 'N Crackers, Apple Dippers, Cheez 'N Pretzels
- Handi-Snacks Teddy Grahams - Honey, Chocolate

Crackers/Chips/Cookies continued

Nabisco

Air Crisps
Potato - Sour Cream & Onion, Ranch, Barbeque, Cheddar
Pretzel - Original
Ritz - Original
Wheat Thins - Original, Ranch
Barnum Animal Crackers
Cheddar Sportz
Cheese Nips
Dizzy Grizzlies - Vanilla Frosted, Chocolate Frosted
Graham Crackers - Honey Maid, Cinnamon, Chocolate
Newtons - Fig, Cobblers, Raspberry, Apple
Ritz Crackers - Original
Saltine Crackers
Teddy Cheddy
Teddy Graham's - Cinnamon, Chocolatey Chip, Chocolate, Honey
Triscuits, Triscuit Thin Crisps
Wheat Thins

Old Dutch

Baked Cheez Curls
Chips
Crunchy Curls
Pretzels

Pepperidge Farm

Butter Thins
Goldfish - any flavor
Goldfish Graham Snacks - Honey, Cinnamon, Golden

Pringles

Any flavor

Sunshine

Big Cheez-It
Cheez-It - Regular, Reduced Fat
Hi Ho Crackers - Regular, Reduced Fat

Fruit

Fresh - Apples, Bananas, Oranges
Packaged Fruit - Apple Sauce, Apple Sauce mixes, Diced Pears, Peaches, Raisins, Mandarin Oranges
Fruit Snacks - Fruit Roll Ups, Fruit by the Foot, Fun Fruit

Jell-O and Pudding Snacks

Popcorn

Barrel O'Fun

Corn Pops (No Kernels)

Frito Lay

Cheddar Cheese
Chester's Popcorn Butter

Old Dutch Popcorn

Carmel PuffCorns, Cheddar, White, White Cheddar

Vegetables

Fresh Carrot Sticks, Celery Sticks

Special Treats

Cakes/Cupcakes

Cub Foods Bakery, Kowalski's Bakery, Sam's Club Bakery

White, Chocolate, Marble Cakes

Candy

Air Heads

Dum Dum Pops

Gum Drops

Hershey Kisses - Milk Chocolate, Extra Creamy

Jolly Ranchers

Junior Mints

Life Savers

Lollipops

Mike & Ikes

Milk Duds

Nerds

Oompas

Ring Pops

Rolos

Runts

Shock Tarts

Sixlets

Skittles

Smarties

Spree

Starburst

Sugar Babies

Sweet Tarts

Tootsie Pops

Tootsie Rolls

Twizzlers

Cookies/Donuts

Cub Foods Bakery

Donuts/Donut Holes - Glazed, Powdered Sugar, Sugar

Sugar Cookies

Kowalski's Bakery

Iced Sugar Cookies

Donut Holes - Plain, Glazed

Ice Cream/Frozen Treats

Edy's

Whole Fruit Bars

FlaVorIce - "Freezies"

Good Humor Popsicles

Sherbet Cyclone

Icee - Squeeze up tubes

Italian Ice

Kemps

Fudge Bars - Regular and Junior Size

Ice Cream Bars

Ice Cream Cups

Ice Cream Sandwiches - Regular, Mint Chocolate Chip

Twin Pops - Any flavor

What's Up Orange Sherbet Treats

Klondike

Oreo Ice Cream Sandwiches

Minute Maid

Soft Frozen Lemonade

Polar Express

Ice Cream Sandwiches