

CASHMERE MIDDLE SCHOOL

PEANUT FREE/NUT FREE/EGG FREE SNACK LIST

Please avoid snacks that contain peanuts, peanut flour, peanut oil or peanut butter or other nuts. This includes snacks with almonds, coconuts, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, walnuts, flaxseeds, sunflower seeds and sesame seeds.

Thank you for your consideration and support in keeping our food-allergic students safe from having a life threatening allergic reaction at school.

I. HEALTHY SNACKS (Daily classroom snacks)

A. FRUITS/VEGETABLES

- * Any fresh fruit (apples, bananas, clementine's, grapes, melons, pears, plums, berries, oranges, peaches, strawberries, etc.)
- * Raisins, Craisins and other dried fruits (not chocolate or yogurt covered)
- * Fresh vegetables (baby carrots, broccoli, celery sticks, cucumber slices, grape tomatoes, pepper strips, etc.) **No ranch dressing please.**

B. CHEESE/DAIRY/MEATS

- * String cheese or other cheeses (Tillamook brand)
- * Kraft Handy-snacks with cheese (with red sticks)
- * Yogurt /Gogurts (Yoplait, Tillamook and great value brand)
- * Greek yogurt
- * Cottage cheese
- * All lunch meats
- **Be careful with any other type of pre-packaged cheese and cracker sandwiches, most contain nuts/traces of nuts

Please note: Food labels/ingredients may change over time, so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure that products are nut free, egg free and seed free. This includes labels that read "May contain traces of peanuts/nuts/eggs/seeds" or "Manufactured on equipment/plant that also processes nuts/eggs/seeds".

C. CRACKERS/SNACK ITEMS

- * Triscuits, Wheat Thins, Vegetable Thins (all flavors)
- * Ritz crackers/dinosaurs/sticks (NOT Ritz bits or sandwiches)
- * Ritz Crackers (classic cheddar, four cheese, garlic herb)
- * Town House, Club, Toasteds
- * Cheez-Its, Cheese Nips, Better Cheddars
- * Saltines, Oyster crackers
- * Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
- * Kashi Tasty Little Crackers (TLC)
- * Breton brand crackers
- * Annie's Bunnies
- * Graham crackers, Graham cracker sticks
- * Teddy Grahams or Teddy Graham character brand
- * Animal crackers (Austin Zoo, Barnum)
- * Cereals:
 - o Cheerios (NOT Honey Nut or Frosted)
 - o Chex (Rice, Corn, Wheat)
 - o Cinnamon Toast Crunch
 - o Corn Flakes
 - o Crispix
 - o Frosted Mini-Wheats
 - o Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart)
 - o Kix plain
 - o Life (Not Vanilla Yogurt Crunch)
- * Fruit snacks (tree top, twists, gushers, roll-ups, etc.)
- * New Nabisco 100 Calorie Packs – Yogurt flavored pretzels
- * Nabisco Toasted Chips Ritz snack mix
- * Wheaties
- * Small bagels (Lenders or Thomas brand) with cream cheese (no nut/seed type)
- * Popcorn
- * Pretzels
- * Nutrigrain cereal bars/yogurt bars
- * Nature's Bakery fig bar
- * Special K Bars (NOT Honey Nut)
- * Special K Snack Bites
- * Fig Newtons (all flavors)
- * Rice Cakes, plain or salt-free (NOT Quaker brand)
- * Quaker Quakes (mini rice cakes)/Mini Delights (all flavors)
- * Potato Soy Crisps
- * Gensoy Soy Crisps
- * Cheez-It Party Mix/Munchie Party Mixes
- * Pirates Booty

II. **SPECIAL TREATS** (Birthday or holiday parties)

A. COOKIES

- * Kellogg's brand Rice Krispie Treats (original)
- * Oreos (regular or golden)
- * Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge Sandwich cookies (original and double stuffed)
- * Nabisco – Lorna Doone Shortbread
- * Gripz Chips Ahoy
- * Vanilla wafers
- * Pop Tarts
- * Pop Tarts Snack Sticks
- * Sweetened Cereals: Corn Pops, Fruit Loops, Captain Crunch (reg.), Apple Jacks

B. DONUTS/MUFFINS (no grocery bakery items please)

- * Pillsbury cinnamon rolls
- * Pillsbury crescent rolls
- * Pillsbury biscuits

C. CHIPS

- * Bugles
- * Cheetos
- * Doritos
- * Fritos
- * Lay's potato chips
- * Pringles
- * Sun Chips
- * Tostitos
- * Kettle chips
- * Pop chips
- * Veggie straws

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D. CANDY

- * Air Heads
- * Blow pops
- * Dum-Dum suckers
- * Gummy Bears/Worms (check brands, some have warnings regarding processing around nuts)
- * Hersey Kisses – Milk Chocolate
- * Hersey Kissables
- * Hersey bar (1.55 oz.)
- * Hersey chocolate chips
- * Jolly Ranchers
- * Junior Mints
- * Laffy Taffy
- * Life Savers (hard and gummy)
- * Mike and Ike's
- * Milk Duds
- * Mints
- * Nerds
- * Pixie Sticks
- * Ring Pops
- * Rolos
- * Skittles
- * Smarties
- * Spree
- * Starburst
- * Swedish fish
- * Twizzlers

E. ICE CREAM

- * Dreyers slow churned (watch for eggs)
- * Healthy choice fudge bars
- * Ice cream cones (Joy or Keebler brand)
- * Popsicles ((check brands, some have warnings regarding processing around nuts)
- * Cool whip

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