

## PEANUT/TREE NUT FREE SNACK LIST

If you choose to bring a snack on your parent helper day or to send in a snack for your child's birthday, you **MUST** choose that snack from the list below. The snack must be the brand and type of snack listed below (ex:pretzels must be Rold Gold, Fruit roll-ups must be Betty Crocker, etc. No other brand is acceptable). Because all of the snacks below have been researched and we are confident that they are "peanut/nut free", they are the only snacks we will allow you to serve to our students. Please do not ask us to make an exception to this policy. The list contains plenty of snacks that are nutritious and "fun" for our students. LUMP/K always has safe appropriate snacks available, so you do not need to feel any obligation to provide snack. Feel free to contact the LUMP/K office with any questions.

### Fruit and Vegetables

All fresh fruit and vegetables  
Sun-maid Raisins (NOT chocolate covered)  
Applesauce cups or GoGo Squeez  
Apples w/T.Marzetti dip  
Del Monte Fruit to go cups  
Dole fruit bowls  
Pickles

### Pizza

Fresh pizza-Papa John's, Domino's LaRosa's, Pizza Hut, Donatos  
Frozen-Tombstone

### Yogurt

Yoplait, GoGurt, Danimals

### Breads/tortillas/bagels

Home pride wheat  
Wonder-Regular and Lite  
Nature's Own honey wheat  
Ole, Aztec, Kroger flour tortillas

### Salty Snacks

Utz-Pretzels or cheese curls  
Rold Gold pretzels  
Pirate's booty (popcorn or veggie chips)

Sensible portions-veggie straws & chips

Sunchips-(Original, Harvest cheddar, French onion, Garden Salsa)  
Tostitos chips  
Doritos  
Cheetos  
Pringles  
Ruffles Potato chips  
Herr's potato Chips  
Popcorn- (Pop Secret, healthy Choice, Orville Redenbacher)

### Crackers

Ritz crackers (original, whole wheat, reduced fat, hint of salt, roasted vegetable, fresh stacks)  
Nabisco Premium saltines  
Sunshine Saltines  
Wheat thins  
Triscuit crackers  
Cheese nips  
Cheez-its  
Pepperidge Farm Goldfish crackers  
Nabisco Grahams-original

### Gummy snacks

NOT BRACH'S varieties!!!  
Annie's Organic Bunny fruit snacks (Sunny citrus, Tropical Treat)  
Clif Kid Organic twisted Fruit (Strawberry, Mixed berry)  
Betty Crocker Fruit flavored snacks, Fruit Gushers, Fruit Roll-ups or Fruit by the foot

### Cookies/Sweets

Nilla wafers or Keebler Vanilla Wafers  
Barnum's Animal Crackers-Original  
Oreos/Mini Oreos  
Kellogg's Rice Krispies Treats-Original  
Teddy Grahams (Cinnamon, Honey Chocolate, Chocolatey chip, mini)  
Lorna Doone Shortbread Cookies  
Nabisco 100 calorie packs (Oreo thin crisps, Chips ahoy thin crisps, Lorna done Shortbread cookie crisps)  
Hostess-HoHo's, Twinkies, Ding Dongs, Zingers

### Frozen Treats

Breyers-1.5 Qt varieties (Extra creamy vanilla, Triple chocolate, Chocolate chip, Peach, Black raspberry chocolate)  
Turkey hill ice cream 1.5qt varieties (Neapolitan, Original Vanilla, Vanilla & Chocolate)  
Turkey hill Ice cream sandwiches (Vanilla bean, low fat vanilla bean, Double decker)  
Dole Fruit Bars  
Minute Maid Juice bars (12pk varieties Cherry, Grape, Orange)  
Breyers Pure Fruit Bars (12pk Strawberry, Orange, Raspberry)

### Jello and Puddings

Kraft Handi-snacks Wacky gels, Vanilla or chocolate pudding  
Jello-Gelatin cups Xtreme Jello tubes  
Jello Vanilla, Chocolate or Oreo pudding cups

### Meats/cheeses/Lunch Packs

All meats including sliced deli meats  
Most Cheeses  
All string cheeses  
Oscar meyer Hot dogs  
Kraft Easy mac&Cheese  
Bacon, ham, kielbasa  
Lunchables-**ONLY the varieties that do not contain chocolate or peanut candies:**  
Ham Wraps, Turkey and Cheddar crackers, Cheesey chip nachos, Pizza Dunks, Lean ham & Lean White turkey

### Candies

Skittles, Starburst, Twizzlers, Hershey Milk Chocolate bars (not with almonds) Milk Duds, DOTs, Sour patch kids, Smartees, Tootsie rolls, Sweet Tarts, Jolly Ranchers, Dum Dum Lollipops, Mike and Ike, Rolo, Swedish Fish, Tootsie pops

**NO homebaked items.** Please read all labels carefully, as ingredients may change. Make sure the label DOES NOT have the following: Peanuts, sunflower seed, peanut flour, peanut oil, or nuts of any kind in the ingredients OR says "May contain traces of peanuts or tree nuts", "Manufactured in a facility that uses peanuts/tree nuts or peanut products", "run on equipment that also processes peanut/tree nut products." **NO bakery items. THANKS for your help and cooperation in keeping all of our children safe!**