



NO NUTS AT SCHOOL

We have several children at CDLC who have severe nut allergies. We have eliminated all nuts from our program. 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.

Peanut-Free Snacks

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 Grahams - 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 Rolos
Dum Dum Pops Runts
Gum Drops Shock Tarts
Hershey Kisses - Milk Chocolate, Extra Creamy Sixlets
Jolly Ranchers Skittles
Junior Mints Smarties
Life Savers Spree
Lollipops Starburst
Mike & Ikes Sugar Babies
Milk Duds Sweet Tarts
Nerds Tootsie Pops
Oompas Tootsie Rolls
Ring Pops 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