



Nut Free Snacks for Northern Elementary

Main foods prohibited: peanut butter; tree nuts (cashews, pecans, walnuts, almonds, macadamia nuts); peanut oil

- Parent/guardians wishing to celebrate their child's birthday during the school day may purchase birthday cupcakes through our cafeteria. While ordering cupcakes through the school provides a small service to our parents, its intention is to protect our students who have food allergies. The cost of cupcakes through our school cafeteria is 50¢ per cupcake and may be ordered by calling 868-5007, Extension 2175.
- When purchasing snacks or birthday treats for a school event please read all ingredients carefully.
- Below you will find a list of snacks that are nut-free at this time. It is always important to read ingredient labels since manufacturers change production methods.

Cereal & Cereal Bars

General Mills

- Cinnamon Toast Crunch
- Kix, Berry Berry Kix
- Lucky Charms
- Rice Chex, Corn Chex, Wheat Chex
- Trix
- Honey Smacks
- Golden Grahams
- Wheaties
- Cheerios – **NO HONEY NUT**

Post

- Honey Combs
- Alpha Bits

Quaker Oats

- Life – Maple and Brown Sugar, Cinnamon, Original
- Cap 'N Crunch

Kellogg's

- Cereals – Corn Pops (regular), Crispix, Fruit Loops, Frosted Flakes, Apple Jacks, Raisin Bran, Rice Krispies (Regular/Strawberry/Frosted)
- Nutri-grain – Apple Cinnamon, Blackberry, Blueberry, Cherry, Mixed Berry, Strawberry
- Jump Starts (any)
- Pop Tarts (any)

Cheese / Dairy

Yoplait Yogurt

- Danimals
- Go-Gurt, Go-Gurt Fizzix,
- Yoplait Kids

Cheeses

- Sliced, cubed, shredded, string, cream cheese

Crackers/Chips/Cookies

Frito Lay

- Cheetos – Crunch, Zigzag, Puffs, Baked, Chester's Puff Corn, Natural White Cheddar Puffs
- Rold Gold Pretzels – Classic Style sticks, thins, rods, tiny twists (cheddar, honey mustard) **NO PRETZEL WAVES**
- Sun Chips – Original, Sour Cream, Cheddar
- Fritos (any)
- Munchies Cheese Fix
- Flat Earth Baked Veggie Crisps – Tangy Tomato Ranch, Garlic & Herb Field, Farmland Cheddar
- Flat Earth Baked Fruit Crisps – Peach Mango Paradise, Wild Berry Patch, Apple Cinnamon Grove

General Mills

- Bugles - Original

Keebler

- Grahams – Honey, Cinnamon, Original
- Fudge Stripes Shortbread Cookies
- Golden Vanilla Wafers
- Grasshopper Mint Cookies
- Rainbow Vanilla Wafers
- Club Crackers
- Club Snack Sticks – Original, Honey Wheat, Butter Herb
- Puffed Snack Bites
- Scooby Doo Graham Crackers
- Toasteds – Wheat, Buttercrisp, Onion, Sesame
- Town House Crackers

Kraft

- Zesta Crackers – Original
- Handi-Snacks – Crackers 'n Cheez, Breadsticks 'n Cheez
- Handi-Snacks – Teddy Grahams (Honey and Chocolate)
- Macaroni and Cheese Crackers (Mild Cheddar and White Cheddar)

Nabisco

- Barnum Animal Crackers
- Ritz Crackers – Original, Roasted Vegetable, Whole Wheat. **NO RITZ BITS**
- Teddy Grahams – Cinnamon, Chocolatey Chip, Chocolate, Honey
- Cheese Nips
- Newtons – Fig, Strawberry (**Cookies only**)
- Premium Saltine Crackers
- Nilla Wafers (Regular and Mini)
- Triscuit (any)
- Wheat Thins (any)
- Golden Harvest Toasted Chips (any)
- Honey Maid Graham Crackers – Chocolate, Honey, Bees, S'Mores, Morning Sticks (Honey, Cinnamon Toast)
- Itty packs – Barnum Animal Crackers, Cheese Nips and Ritz, Nilla Wafers, Teddy Graham and Honey Maid

Pepperidge Farm

- Goldfish – Any flavor

Pringles

Sunshine

- Any
- Cheez-It – Regular, Big, White Cheddar, Reduced Fat, Party Mix, DuoZ, Crisps (any)
- Krispy Original Crackers

Fruit

Prepackaged

- Applesauce, Pears, Peaches, Raisins, Mandarin Oranges, Fruit Cocktail

Fresh

- Apples, Bananas, Oranges, etc.

Fruit Snacks

- Fruit Roll-ups, Fruit by the Foot

Vegetables

Fresh

- Carrots, Celery, Broccoli, etc.

Special Treats

Hostess

- Twinkies, Ho-Ho's, Cupcakes (Chocolate, Vanilla), Crumb Cakes

Little Debbie Snacks

- Zebra Cakes
- Swiss Cake Rolls
- Honey Buns

Candy

- Air Heads
- Dum Dum Pops
- Jolly Ranchers
- Junior Mints
- Life Savers
- Life Saver Gummies
- Mike & Ikes
- Milk Duds
- Nerds
- Ring Pops
- Rolos
- Runts
- Shock Tarts
- Skittles
- Smarties
- Spree
- Starburst
- Sugar Babies
- Sweet Tarts
- Tootsie Pops
- Tootsie Rolls