



Healthy Snack List- Peanut Free

The following list includes foods and beverages, which are considered healthy, based on nutritional value. However, some items listed may not be safe for people with specific food allergies. Please know that every allergy is different and you will need to check with parents for more specific information. Parents need to check the labels for ingredients to make sure the product does not contain peanuts/peanut oils or is not manufactured where any nut products are handled. This information should be on the label.

Produce

Fresh Fruit and Vegetables (must be cut & prepared at school)
Dole, HyVee & Del Monte fresh fruit cups or fruit & gel cups
Musselman's or Hy-Vee Applesauce cups (No Sugar Added)
Raisin boxes
100% fruit juice

Dairy

Skim Milk
String Cheese Sticks
Hunts or Kraft snack pack puddings
Jell-O Calci-Yum Pudding cups (refrigerated)
Jell-O Gelatin cups (refrigerated)
Yoplait Trix, Gogurt, or Kids (Dora) Yogurt
Hy-Vee Yogurt-to-Go

Chips & Crackers

Baked Lays Chips- all flavors
Baked Tortilla Chips – serve with salsa
Rold Gold Honey Wheat Braided Twists pretzels
Nabisco Teddy Grahams Variety Pack
Pringles Variety Pack
Kraft Handi Snack Packs: Ritz Crackers 'n Cheez, Breadsticks 'n Cheez, Pretzels 'n Cheez (NOT Cookie Sticks 'n Crème)
Quaker Rice Cakes, Multigrain Cakes, Multigrain Minis, Quakes Rice Snacks (any flavor)
Graham Crackers (Keebler, Nabisco)
Animal Crackers (read contents carefully)
Jolly Time “Healthy Pop” popcorn – all flavors

Cookies

Nabisco Chips Ahoy 12 pack
Fig Newtons

Cereal Nature Valley Fruit Crisps (found by granola bars)

Frozen snacks

Blue Bunny “Health Smart” Dream bars

Blue Bunny FrozFruit Bars (NOT Blue Bunny Sweet Freedom Supreme)

Blue Bunny Ice Cream or Sherbet Cups

Edy’s Whole Fruit Bars

Fudgsicles “The Original Brand”

Popsicles “The Original Brand” Orange-Cherry-Grape

Any type of Popsicle “The Original Brand” product:

Jell-O Brand pudding pop

Hy-Vee Fudge Bars, Galaxy Bars, Twin Pops, Sundae Cones, Ice Cream

Sandwiches, or Sundae Cups

100% fruit bars

This is not an exclusive list of products. If you have a question about whether a food meets the schools criteria, please call Renee Carver (dietitian) at 334-9061.