

Revised Peanut-Free Foods - 8/24/09

For lunches, class snacks and field trips. Healthy options are preferred.

Questions or additions: Call Julie Bagley at 407-922-4360

Important:

Please read the ingredient label on packaged items to ensure that it DOES NOT contain or any of the statements "May contain traces of peanuts/nuts" or "Manufactured in a facility that also processes peanuts (and or other nuts).

* NEW items that have been added to the Peanut Free Food List
Due to continual changes in manufacturing packaging, this list may change on any day.

Fruits

All Fresh Fruit
Dole Fruit Bowls
Del Monte Fruit -To-Go Cups
Sun-Maid Raisins (NOT yogurt or chocolate covered)
Seneca Apple Chips
Brothers-ALL-Natural Crisps Fuji Apple & Pears
Mariana Dried Mango, Tropical Medley, Banana Chips, Apricots, Cranberries, Pineapple, Vanilla Yogurt Raisins
Applesauce cups
Motts Fruit Blasters Applesauce Tubes
Craisins
Apples with T. Mazettis Carmel Apple Dip

Vegetables

All Fresh Vegetables
Pickles

Meats/Cheeses/Lunch Packs

All meats including sliced deli meats
Most Cheeses
All string cheeses
Bacon
Ham
Kielbasa
Oscar Meyer Hot Dogs
Cheez Whiz
Lunchables- Nachos, Ham & Cheddar,

BREADS/TORTILLAS/BAGELS

Natures Own
Sara Lee
Home Pride Wheat
Marins Potato Rolls
Wonder
Pepperidge Farm
Thomas English Muffins
Thomas Bagels
Flat Out Wraps-Multi grain
Market Pantry Biscuits
Market Pantry White Bread
Flour Tortillas-Ole, LaBanderita,Aztec, Buena Vida & El Paso
Sunmaid Raisin Bread Cinnamon Swirl
Plain Bagels- Pepperidge Farm or Lender
*Pita Bread

Pasta

Macaroni and cheese-Kraft easy mac, Kraft Deluxe, Kraft mac-n-cheese, Velveta
*Publix Brand
*Archer Farms (at target)

Yogurt

Yogurt-Gogurt, Danimals
Yoplait-*Trix yogurt

Dips & Sauces

Hidden Valley Ranch
Hellmann's Tartar Sauce

Kraft Mayo Fat Free Only
Kraft Miracle Whip Free Nonfat Only
Cool Whip- Topping

Pizza

Fresh Pizza-Upper Crust, Papa Johns, Donatos,
Dominoes, Flippers, Pizza Hut
Frozen Pizza- Tombstone

Jellos and Puddings

Hershey Chocolate Pudding Tubes
Kraft Handi Snacks-Wacky Gels, Vanilla,
Chocolate or Tapioca Puddings
Hunts- Juicy Gels, Vanilla, Chocolate,
Butterscotch & S'mores Pudding
Jello- Gelatin Cups, X-treme Jello Tubes,
Vanilla, Chocolate & Oreo Puddings
Dole Fruit-n-Gel Bowls
Delmonte Fruit & Gel To Go Bowls
Kool-Aid & Looney Tunes Gels

Gummy Snacks

Florida's Natural Au'some Fruit Juice Nuggets,
Fruit Roll-ups, Fruit by the Foot, Gushers, Shark
Bites, Fun Fruits, Capri Sun Juicers & Fruit Rolls,
Air Heads Spinners, Smoothie Blitz, Kellogg's
Twistables, Yogos, G-Force, Fruit Streamers and the
following fruit snack brands: Hello Kitty,
Backyardigan, Disney Princess, Finding Nemo, Tonka,
Scooby Doo, Trix, Hi-C, Pokemon, Sponge Bob,
Sunkist and Cinderella

Breakfast Foods

Cereals- Oatmeal, Cheerios (Plain, Apple Cinnamon
or Yogurt Bursts only), Trix, Raisin Bran, Rice
Krispies(plain), Golden Grahams, Frosted Flakes,
Lucky Charms, Cocoa Puffs, Corn Flakes, *Apple
Jacks, Cocoa Krispies, Fruit Loops(NOT Straws),
Cracklin Oat Bran

*Kelloggs- Grab-n-go *Froot Loops, *Pops

Breakfast Bars

Kelloggs-Nutrigrain Bars
Kelloggs- Special K Bars- Strawberry,
Chocolatey Drizzle & Vanilla Crisp
Cranberry Apple, *Bliss-Raspberry

Popcorn

Act II, Orville Redenbackers, Pop Weaver, Pop
Secret & Healthy Choice

*Smart Food-White Cheddar Popcorn

Fruit Strips

*Archer Farms Organic- *Raspberry, *Strawberry,

*Pomegranate, *Wildberry

*Stretch Island Fruit-*Cherry, *Grape,

*Strawberry

Salty Snacks

Terry Vegetable Chips- Original & Sweet
Potato Chips

Terra Vegetable Stix- Original

David Sunflower Seeds(In or out of shell)

David Pumpkin Seeds

Smart Puffs (Roberts American Gourmet)

Publix Greenwise Yellow Corn Tortilla Chips

Garden of Eidan Tortilla Chips-Sesame Blue

Chifles Plantain Chips- Original

Rold Gold Pretzels- (NOT SNYDERS)

Ruffles Potato Chips-Natural & Regular

Lays Potato Chips- Natural, Plain, BBQ &

Sour Crème

Fritos

Doritos-Natural White Nacho & Regular

(NOT Crackers)

Cheetos- Natural White Cheddar Puffs &

Regular

Tostitos-Natural Blue Corn & Regular Chips

Pringles-Chips (NOT Sticks)

*FritoLay- *SunChips- *Original, *French Onion,

*Harvest Cheddar, *Garden Cheddar

Cookies/Sweets

(NO BAKERY OR HOME-BAKED GOODS)

Nabisco Whole Grain Fig Newtons

Nilla Wafers-*Reduced Fat Only

Oreos, Golden Oreos, Mini Oreos &

Thin Crisps (NOT Mint-Crème)

Chips-A-Hoy

Teddy Grahams-Chocolate, Honey & Cinnamon
Keebler- Butter Cookies, Grasshopper Cookies,
Snack Sticks, Fudge Shop Deluxe Grahams,
SpongeBob Spongy Stripes & Fudge Stripes,
*Dipping Delights-Chocolate & Cheesecake
Nabisco- Barnum Animal Crackers, Oatmeal and
Iced Oatmeal Cookies, Cameo Cookies, Kool
Stuff Strawberry Seas Bars, Bisco Wafers and
Ginger Snaps

Rice Krispie Treats- Plain, Spongebob, *Strawberry
Ritz Bits- Simons S'mores (Not Cheese or
Peanut Butter)

Stella D'oro Cookies-Original & Minis, Lady
Stella, Anisetta Sponge (NOT Anisette Toast)
Jet Puffed Marshmallows

Crackers

Pepperidge farm goldfish -
whole grain cheddar, plain, pretzel,
pretzel cheddar, colors, pizza & calcium,
parmesan, pizza, or flavor blasted.
(NOT sandwich crackers)
Keebler Wheatables Crackers, Town House
Sunshine Krispy Wheat Saltine Crackers
Wheat Thins -whole grain crackers
Triscuit - whole grain crackers
Nilla Wafers- *Reduced Fat Only
Old London Melba Toast Crackers
Honey Maid - Cinnamon Grahams & Sticks,
Honey Grahams & Sticks
Ritz Crackers -Plain or Ritz Chips (NOT
cheese or peanut butter sandwiches)
Keebler Club Crackers (original only NOT
sandwiches)
Nabisco - Saltines, Munch Packs
Marshmallows, Itty Packs-Mini Teddy
Grahams Honey, Itty Packs-Mini
Honeymaid Bees
Sunshine Cheez-Its & Twisters
Gripz - Nacho Cheese Crackers, Cheez-Its,
Chips Deluxe, Double Chocolate*Rainbow
Cheese Nips
Sargento- Mootown Crackers & Cheese Dip
Sportz Cheddar Crackers
Kraft Handi-Snacks
Breadsticks-n-Cheez
Ritz Crackers-n-Cheez
100 Calorie Packs-Oreo Thin Crisps,
Fudge Shoppe Fudge Grahams
Ritz Snack Mix, *Lorna Doone

Kisses (NOT with almonds & NOT Hugs), Dots,
Sour Patch Kids, Tootsie Rolls, Smarties, Sweet
Tarts, Jolly Ranchers, Warheads, Baby Bottle Pops,
Push Pops, Dum Dum lollipops & Vermont Nut Free
Chocolates(Available at vermontnutfree.com and
Occasionally at Lollipop Cottage in Celebration)
(NO Novelty Candies Manufactured by Palmer.)

Frozen Treats (for class parties & activities)

Blue Bell-Birthday Cake Ice Cream Cups, Vanilla Ice
Cream Cups & Mini Ice Cream Sandwiches
Deans- Ice Cream Sandwiches
Dole- Fruit Juice Popsicles
Publix- Fudge Sundae Ice Cream Cups, Vanilla/
Chocolate/Neopolitan Ice Creams & Jr pops
Bryers Vanilla Ice Cream, All Natural Fruit Bars
Edys-Vanilla & Strawberry Ice Creams , Whole
Fruit Bars
Good Humor-Fudicles, Popsicles, Fire Crackers,
Great Whites, Micropops, Scribblers, ACE Juice
Pops, Wild Bunch Pops, Rainbow Pops, Tropical Pops
Super Hero Pops, Dora Pops & Ice Cream Sandwich
ICEE Frozen Treats
Crayola-Color Pops
Lick-A-Colors
Luigi Italian Ice
Minute Maid-Juice Bars, Fruit & Cream Swirls &
Frozen Lemonade
Nestle- Itzakadoozies, Ice Creamers Flintstones
Rainbow Sherbert Treats, Juicy Juice Frozen
Juice Pops, Hero Pops, Fruit Fuel Pops & Double
Fudge Pops
Tropicana-Fruit Juice Bars & Real Fruit Bars
Welch's-Fruit Juice Popsicles
Philly Swirl- Italian Ice & Popsicles
Ice Cream Toppings- Hershey's Chocolate Syrup,
Smuckers Hot Fudge, Hot Caramel, Pineapple,
Fat Free Chocolate Syrups

Candy (for class parties & activities)

Starburst, Skittles, Twizzlers, Full-size Hershey
Milk Chocolate Bars (NOT with almonds), Hershey