

INWOOD CHRISTIAN SCHOOL APPROVED HEALTHY PEANUT/NUT FREE SNACKS

FRUITS

All fresh fruits
Dole Fruit Bowls
Del Monte Fruit To-Go Cups
Sun-Maid Raisins (not chocolate covered)
Applesauce Cups
Motts Fruit Blasters Applesauce Tubes

VEGETABLES

All fresh vegetables including:
Carrots with dip
Celery sticks with cream cheese or dip

COOKIES

Nilla Wafers
Bisco Wafers
Teddy Grahams
Pepperidge Farm:
Milano, Chessmen, Shortbread, and Sugar Cookies
Keebler:
Butter Cookies, Grasshopper Cookies
Nabisco:
Barnum Animal Crackers, Oatmeal and Iced Oatmeal
Cookies, Cameo Cookies, Fig Newtons, Kool Straw-
berry Seas Bars
Nutri-Grain Apple Cinnamon/Brown Sugar Twists

CRACKERS

Honey Maid –Cinnamon Grahams & Sticks,
Honey Grahams & Sticks
Ritz Crackers – (plain only)
Keebler Club Crackers (original only, not sandwiches)
Nabisco Saltines
Sunshine Cheez-Its
Triscuit
Wheat Thins
Pepperidge Farm Goldfish (only plain, pretzel, or cheddar,
not Cinnamon Grahams)
Sargento-Mootown Crackers and cheese dip
Keebler Townhouse Crackers
Sportx Cheddar Crackers
Kraft Handi-Snacks Cinnamon Graham Crackers with
applesauce dip
Kraft Handi-Snacks with cheese dip

GUMMY SNACKS

(No Brachs) Only Betty Crocker or Nabisco
Fruit Roll-Ups
Fruit By the Foot
Gushers
Shark Bites
Fun Fruits
Hi-C Fruit Snacks

SALTY SNACKS

Rold Gold Pretzels
Snyders or Hanover Pretzels
Popcorn – Pop Secret, Orville Redenbacher, and
Healthy Choice

BARs

Quaker Chewy Chocolate Chip Bars
Quaker Chewy Cocoa Chocolate Swirl Bars
Quaker Chewy Smores Bars
Quaker Chewy Rocky Road Bars
Quaker Chewy Apple Fruit Crumble
Special K Bars (not Honeynut)

FROZEN TREATS

Minute Maid – Juice Bars, Fruit & Cream Swirls,
Frozen Lemonade, Tropicana Fruit Juice Bars,
Welch's Fruit Juice Popsicles

JELLOS AND PUDDINGS

Hershey Chocolate Pudding Tubes
Kraft Handi-Snacks: Wacky Gels, Vanilla and
Chocolate pudding
Hunts: Juicy Gels, Vanilla and Chocolate Pudding
Jell-O: Gelatin Cups, X-treme Jell-O Tubes,
Vanilla, Chocolate, and Oreo Pudding
Dole Fruit-n-Gel Bowls
Del Monte Fruit and Gel To-Go Bowls

MISC.

Cheese
Yogurt – not soy brands
T. Marzetti's Carmel Apple Dip

****ONE FOURTH GRADE STUDENT MAY NOT HAVE ANY DAIRY OR PEANUT PRODUCTS**

Important: Due to continual changes in manufacturer packaging and processing, read the ingredient label of your snack chosen from this list to ensure that it does not contain any of the following: Peanuts/nuts, peanut/nut butter, peanut/nut oil, peanut/nut flour, peanut/nut meal.

