



Orchard Park Middle School

Safe Snack Guide - NUT-FREE, PEANUT-FREE, DAIRY-FREE, EGG-FREE, SESAME-FREE SNACKS

Always check label for possible processing cross-contamination

- Fresh Vegetables and Fruit - no kiwi
- Raisins - plain, no coatings or flavorings
- Applesauce cups
- Fruit cups
- *Betty Crocker* Fruit Roll-Ups, Fruit By The Foot
- *Welch's* fruit snacks
- *Fruit Roll-Ups*
- *Barefruit All Natural* dried fruits - no kiwi
- *Rold Gold* pretzels (regular)
- *Jell-O* cups (no pudding)
- Plain potato chips
- Original Sun Chips
- *Fritos* - plain
- *Pringles* - plain
- *Tostitos Tortilla Chips* - plain
- *Nabisco* graham crackers
- *Enjoy Life* granola bars
- *Made Good* granola bars
- *Lorna Doone* cookies – no known allergen ingredients or processing but not verified allergen-free
- *Enjoy Life* Cookies *Enjoy Life* Crunchy Cookies – Chocolate Chip, Double Chocolate, Sugar Crisp, Vanilla Honey Graham; *Enjoy Life* Mini Cookies – Crunchy Chocolate Chip, Crunchy Double Chocolate, Crunchy Sugar Crisp, Crunchy Vanilla Honey Graham, Soft Baked Chocolate Chip, Soft Baked Double Chocolate Brownie, Soft Baked Snickerdoodle; *Enjoy Life* Soft Baked Cookies – Chocolate Chip, Double Chocolate Brownie, Gingerbread Spice, Snickerdoodle
- *Skinny Pop Popcorn* – Dusted Dark Chocolate, Jalapeno, Naturally Sweet, Original, Sea Salt & Black Pepper, White Cheddar (**NOT** aged white cheddar or pepper jack)
- *Original Chex Mix*- blue bag
- *Nature's Bakery* Fig Bars and Brownies
- *Pop Tarts* - strawberry, cherry, blueberry, cinnamon roll, brown sugar
- *Oreo* (original regular and double stuffed)
- *Triscuits*, *Wheat Thins* (flavors without cheese/sour cream)
- *General Mills* cereal - Cheerios, Lucky Charms, Trix, Kix, Cinnamon Toast Crunch
- Candy - *Skittles*, *Smarties*, *Life Savers*, *Starbursts*, *Jolly Ranchers*, *Dum-Dum Lollipops*, *Laffy Taffy* (**snack size only**), *Swedish Fish*, *Twizzlers*

Please Note:

- This list will be reviewed throughout the year and updated as necessary.
- Only pre-wrapped/packaged items - nothing from the bulk section.
- Always read the label: If there is a statement near the ingredient list that states, "May contain..", or "Processed in a facility that contains milk, egg, tree nuts, sesame, peanuts..," these products would NOT be safe.