

ALLERGY FRIENDLY LUNCH IDEAS

We know peanut butter & jelly sandwiches are a staple for many families and it can be difficult to come up with allergy-friendly lunch ideas, so here is a list of great alternatives: (cut into appropriate size to prevent choking)

soy nut butter* & jelly sandwich
 meat & cheese sandwiches
 meat & cheese cut into shapes with cookie cutters with crackers
 cottage cheese with or without fruit
 cream cheese (flavored or not) & jelly sandwiches
 cut up quesadillas
 Soy Wonder is a soy product made in a peanut free facility. It tastes like peanut butter.

string cheese
 cheese cubes
 tuna salad
 chicken salad
 pasta salad
 hot dogs
 veggies with dip
 yogurt
 If you have any ideas for other parents, please share them with us!

ALLERGY FRIENDLY SNACKS

Crackers & Snacks:

Betty Crocker Fruit Roll-Ups, Fruit Snacks, Fruit By The Foot, Fruit Gushers, Fruit Smoothie Blitz
 Brach's Fruit Snacks
 Cheerios (Original ONLY)
 Fresh Vegetables/Ranch Dip
 Fresh Fruit
 Keebler Saltine Cracker (Zesta Originals)
 Keebler Toasted Crackers
 Keebler Town House Originals
 Keebler Club Crackers Originals
 Keebler Cheddar Sandwich Crackers
 Keebler Wheatables-Original and Honey Wheat
 Keebler Golden Vanilla Wafers (Original and Mini)
 Keebler Graham's - Original, Honey, Chocolate
 Keebler Munch'ems Baked Snacks (original and cheddar)
 Kellogg's Fruit Snacks, Fruit Streamers, Fruit Twistables
 Kraft Cheesenips (Original Cheddar ONLY)
 Kraft Handi-Snacks (Breadsticks-n-Cheese, Pretzels-n-Cheese, Ritz Crackers-n-Cheese)
 Lunch Meats
 Motts Apple Sauce (individuals come in 6 packs)
 Nabisco Barnum's Animal Crackers
 Nabisco Flavor Originals Better Cheddars
 Nabisco Fruit Snacks
 Nabisco Honey Maid Graham Crackers- Chocolate, Honey, Cinnamon
 Nabisco Honey Maid Graham Cracker Sticks- Chocolate, Honey, Cinnamon, Apple Cinnamon
 Nabisco Nilla Wafers
 Nabisco Premium Saltines
 Nabisco Chicken in a Biskit
 Nabisco Wheat Thins and Vegetable Thins

Nabisco Triscuits
 Nabisco Twigs
 Nabisco Sociables
 Nabisco Ritz Crackers (NO Ritz Sandwiches - cheese or peanut butter)
 Nabisco Ritz Sticks
 Pepperidge Farm Goldfish Crackers (NO peanut butter flavor)
 Pepperidge Farm Giant Goldfish & Goldfish Crisps (NO Goldfish Sandwiches)
 Ritz Dinosaurs
 Rold Gold Cheddar Tiny Twists
 Rold Gold Honey Mustard Tiny Twists
 Rold Gold Braided Twist
 Rold Gold Butter Checkers
 Rold Gold Pretzels
 Rold Gold Snack Mix and Munchies
 String Cheese/Cheese Cubes
 Sun-Maid Raisins
 Sunshine Cheez-It Party Mix
 Sunshine Cheez-It (Original, Cheddar Jack, Twisterz Cheddar)
 Sunshine Big Cheez-It
 Sunshine Saltine Crackers (Krispy Originals)
 Wal-Mart "Great Value" Brand Animal Crackers (Original)
 Wal-Mart "Great Value" Brand Honey Graham's

For special occasions, come by the office and get a "Special Occasion Treats" list.



"SPECIAL OCCASION"
ALLERGY FRIENDLY TREATS

Keebler: Animals Frosted Cookies, Vienna Fingers, Fudge Shoppe
Fudge Stripe

Keebler: Fudge Shoppe Grasshoppers

Nabisco: Oreos, Oreos- Chocolate Crème

Nabisco Oreos- Golden Chocolate Crème

Nabisco Oreos- Double Stuff

Nabisco Chips Ahoy Chocolate Chip (No Nuts)

Nabisco Chips Ahoy Chunky and Nabisco Chips Ahoy Chewy

Nabisco Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chip,
Dora Explorer

Act II Microwave Popcorn (butter flavored)

Cheetos

Doritos (Nacho Cheese)

Fritos Corn Chips (Original)

Hershey Kisses (regular in silver wrappers only–NOT w/almonds/NOT
holiday package)

Hunt's Snack Puddings (Vanilla, Chocolate)

Kellogg's: Fruit Streamers, Fruit Twistables, Fruit Snacks

Kellogg's: Fruit Loops (1/3 Less Sugar, Original, Marshmallows)

Kellogg's: Rice Krispies Squares (Original), and Rice Krispies Treats
Split Stix

Kraft "Easy Cheese" Cheddar Spread (can)

Kraft Marshmallows Jet-Puffed (Original, Mini, Funmallows)

Krispy Kreme Glazed Donuts

Lays Potato Chips

Lifesaver Gummies

Nabisco: Honey Maid Soft Baked Snack Bars - Oatmeal Raisin, Blueberry,
Banana

Nabisco: Fruit Snacks and Ritz Chips

Quaker Fruit & Oatmeal Mini Bites (Iced Strawberry)

Ruffles Potato Chips

Skittles

Smartees

Sun Chips: Original Flavor, Harvest Cheddar Flavor, French Onion Flavor

Sweet Tarts

Tootsie Rolls

Wal-Mart "Great Value" Marshmallows (Original, Mini, Flavored)

