

.....A helpful sheet for snack ideas for preschool.....

Due to allergies we ask that you only bring nut free snacks. Please send your child with only ONE snack per day and a water bottle.

Peanut & Tree Nut-Free Safe Snacks

Rold Gold Pretzels

Pirate's Booty/ Skinny Popcorn

Utz products (pretzels, popcorn) and cheese sticks.

Nabisco brand Graham crackers, Teddy Grahams(all flavors), Honey Maid Graham Crackers/sticks, Barnum's Animal Crackers, Nilla Wafers, Kellogg Cheez- It , and Wheat Thins

Keebler Town House crackers

Pepperidge Farms Crackers Goldfish-Cheddar, Original, Pretzel, and Pizza (Not Cinnamon, No extra blast cheese or sour cream)

Note: Kirkland brand and other generic brands goldfish crackers are not nut free

Kellogg's Nutri Grain Cereal Bars and Rice Krispie Treat (original only)

String Cheese

Dole and Sunmaid Raisins

Fresh Fruits and Vegetables are always a good choice- slim carrot sticks, cut up grapes, etc.

Note: We always appreciate if parents double check too. Brands and ingredients can change from time to time. Thanks for your cooperation.



