

**PCSD PTSA APPROVED**  
**PEANUT FREE / TREE NUT FREE SNACK LIST**

Snacks containing any kind of peanuts, peanut flour, peanut oil, peanut butter or any other type of nut are not permitted. This includes, but may not be limited to snacks with almonds, coconuts, filberts, Brazil nuts, cashews, hazelnuts, macadamia nut, pecans, pine nuts, pistachios, and walnuts, nut butters, artificial nuts, nutmeat.

Additionally, items containing uncooked eggs, raw meat, raw fish, home canned goods or unpasteurized juice/cider are not permitted.

***Please note: Manufacturers note that ingredients can change at any time and are not necessarily the same for different size packages; so it is always recommended that you read the label before purchasing snacks. Please read labels carefully to make sure the products are nut free. This includes labels that read “May contain traces of peanuts/nuts.”***

Quick check brands: Kellogg’s, Keebler, General Mills, Betty Crocker, and Quaker Oats brands are excellent at calling out allergens in a box:

Example: CONTAINS PEANUT AND EGG INGREDIENTS

---

The Pittsford Central School District is committed to providing a school environment that promotes and protects children’s health, well-being, and the ability to learn by fostering healthy eating and physical activity. The District Health and Safety Committee provides oversight for and advises the Superintendent on implementation, evaluation, revision and updating of the policy. In accordance with the District’s Wellness Policy, food and beverages should include healthy choices and provide age-appropriate selections for elementary and secondary students.

---

**HEALTHY SNACKS**

**FRUITS/VEGETABLES**

- Any fresh fruit (apples, oranges, bananas, grapes, pears, plums, clementines, strawberries, melons, berries, etc.) [washed and cut as appropriate]
- Applesauce cups (and assorted variety fruit flavored applesauce)
- Raisins, Craisins, and other dried fruits
- Fruit cups (peaches, pears, oranges, pineapple, fruit cocktail, fruit blends, etc.)
- Fresh vegetables (baby carrots, celery sticks, grape tomatoes, cucumber slices, broccoli, pepper strips, etc.) [washed and cut as appropriate]
- Vegetable dips

**CHEESE/DAIRY**

- Yogurt in individual cups or tubes
- Pudding in individual cups, cans, or tubes
- String cheese or other cheeses (1 oz.)
- Other prepackaged cheese cubes
- Drinkable yogurt or smoothies
- Cottage cheese
- Kraft Handi-snacks with cheese (with red sticks) *\*\*Be careful with any other type of pre-packaged cheese & cracker sandwiches. Most contain nuts/traces of nuts.*

**CRACKERS/SNACK ITEMS**

- Crackers
  - Triscuits, Wheat Thins, Vegetable Thins (all flavors)
  - Ritz crackers/dinosaurs/sticks (*NOT Ritz bits or sandwiches*)

- Town House, Club, Toasteds crackers
  - Cheez-Its, Cheese Nips, Better Cheddars
  - Saltines, Oyster crackers
  - Wheatables, Air Crisps, Munch'ems, Keebler Snack Stix
  - Kashi Tasty Little Crackers (TLC)
  - Breton/Dare brand crackers
  - Goldfish crackers
  - Graham crackers, Graham cracker sticks
  - Teddy Grahams or Teddy Graham character brands
  - Goldfish graham snacks
  - Animal crackers (Austin Zoo, Barnum)
  - Vanilla wafers
  - Cereals
    - Cheerios (*NOT Honey Nut or Frosted*)
    - Chex (Rice, Corn, Wheat)
    - Cinnamon Toast Crunch
    - Corn Flakes
    - Crispix
    - Frosted Mini-Wheats
    - Kashi (Go Lean Crunch, Good Friends, Cinnamon Raisin Crunch, Heart to Heart) cereals
    - Kix
    - Life (*NOT Vanilla Yogurt Crunch*)
    - Wheaties
    - Other unsweetened cereal without nuts
  - Small bagels (Lenders or Thomas brand) with cream cheese (no nut type)
  - Popcorn
  - Pretzels (*most brands, but some Snyder's products are not peanut/nut free*)
  - Nutrigrain cereal bars / yogurt bars
  - Special K Bars (*NOT Honey Nut*)
  - Special K Snack Bites
  - Fig Newtons (all flavors)
  - Rice cakes (*NOT Quaker brand, not nut free*)
  - Quaker Quakes (mini rice cakes) / Mini Delights (all flavors safe)
  - Potato Soy Crisps
  - Cheez-It Party Mix / Munchie Party Mixes *\*\*Have not found any other brands of Chex type mixes to be peanut/nut safe*
- 

## SPECIAL TREATS

### CAKES/CUPCAKES

- Hostess cupcakes
- Hostess Twinkies, Ho Hos, Ding Dongs

### COOKIES

- Kellogg's brand Rice Krispie Treats (original)
- Oreos (regular, Golden, or Minis)
- Keebler Fudge Stripes, Fudge Grahams, Grasshopper Fudge Mint, E.L. Fudge sandwich cookies (original and double stuffed)

### DONUTS/MUFFINS

- Krispy Kreme donuts/donut holes
- Mini Donuts/Donut holes – Kroger brand (powdered sugar, glazed, plain, cinnamon sugar)
- Hostess brand (powder, frosted)
- Muffins – mini or regular – Hostess and Kroger brands (any kind but banana nut)

### CHIPS

- Bugels
- Cheetos
- Doritos

- Fritos
- Potato chips
- Pringles
- Sun Chips
- Tostitos
- Bagel Chips

### **ICE CREAM/POPSICLES**

- Popsicles
- Whole fruit bars
- Juice bars
- Fruit ice / Icee squeeze up tubes
- Orange push-ups
- Breyer's Vanilla ice cream
- Kroger brand – ice cream sandwiches, strawberry shortcake bars, sundae cups

### **OTHER**

- Fruit snacks (Welch's, twists, gushers, roll-ups, etc.)
- Pop Tarts
- Pop Tart Snack Sticks
- Yogos / Yogos Rolls
- Sweetened Cereals: Corn Pops, Froot Loops, Captain Crunch (regular), Apple Jacks

### **CANDY**

- Air Heads
- Blow pops
- Dum-Dum suckers
- Gummy bears / worms
- Hersey Kisses – Milk Chocolate
- Hersey Kissables
- Jolly Ranchers
- Junior Mints
- Laffy Taffy
- Life Savers (hard and gummy)
- Mike & Ike's
- Milk Duds
- Necco Sweethearts boxes (candy hearts)
- Nerds
- Pixie Sticks
- Ring Pops
- Rolos
- Runtz
- Skittles
- Smarties
- Spree
- Starburst
- Swedish Fish
- Sweet Tarts (regular and chewy)
- Tootsie Rolls & Tootsie Roll Pops
- Twizzlers licorice
- Whoppers

**READ EVERY LABEL EVERY TIME / FOOD LABELS AND INGREDIENTS MAY CHANGE OVER TIME!**

Refer to Food Allergy Network; [www.foodallergy.org](http://www.foodallergy.org) for more information.