

HEALTHY SNACK LIST

PEANUT AND TREE NUT FREE

Chips

Athenos Pita Chips (Whole Wheat)
 Skinny Pop Popcorn
 Doritos (Reduced Fat) Cool Ranch
 Baked Cheetos
 Baked Naturals Cracker Chips -
 Simply Multigrain
 Baked Regular Potato Crisps
 Baked Regular Ruffles Brand Potato
 Chips
 Baked Tostitos Original Bite
 Popchips
 » Parmesan Garlic
 » Sweet Potato
 » Sea Salt and Vinegar
 » BBQ
 » Sour Cream and Onion
 » Original
 Snack Factory Pretzel Crisps
 (Everything)

Dips

Oasis Lentil Dip
 Marzetti Caramel Dip (Fat Free)
 Marzetti Caramel Dip (Old Fashioned)
 Sabra Classic Guacamole
 Hummus
 Athenos Hummus (Original)
 Athenos Hummus (Roasted Garlic)
 Athenos Hummus (Roasted Red
 Pepper)
 Marzetti Otria Hummus Veggie Dip
 (Roasted Red Pepper)
 Tribe Hummus Forty Spices
 Tribe Hummus Roasted Garlic
 Tribe Hummus Roasted Red Pepper
 Salsa (Brands)
 » Amy's
 » Chi-Chi's
 » Desert Pepper
 » Frontera
 » La Preferida

» La Victoria
 » Nature's Promise
 » Newman's

Crackers

Elf Grahams Original Graham Snacks
 (Keebler)
 Elf Grahams Chocolate Chip Graham
 Snacks (Keebler)
 Goldfish Crackers Whole Grain
 Cheddar Cheese
 Honey Maid Graham Crackers
 (Nabisco)
 Honey Maid Cinnamon Graham
 Crackers (Nabisco)
 Zoo Animal Crackers (Austin Quality
 Foods)

Cookies

Otis Spunkmeyer Low-Fat Wild
 Blueberry Muffin
 Otis Spunkmeyer Sweet Discovery
 Reduced Fat Chocolate Chip Cookie
 Fig Newtons (Nabisco)
 Fig Newtons Raspberry (Nabisco)
 Teddy Grahams (Nabisco)
 » Honey
 » Cinnamon
 » Chocolate
 » Chocolatey Chip
 Pepperidge Farm Soft Baked Cookies
 Oatmeal Raisin
 Nilla Wafers (Reduced Fat)

Snack Bars

Nutrigrain Cereal Bars
 » Apple
 » Blueberry
 » Strawberry
 » Cherry
 » Mixed Berry
 Kas'hi Soft Baked Cereal Bar
 » Cherry Vanilla

» Ripe Strawberry
 General Mills Fiber One Chewy Bar
 Chocolate
 Kellogg's Special K Cereal Bar
 » Blueberry
 » Strawberry
 » Vanilla Crisp

Dried Fruit
 Sun-Maid Raisins
 Sunsweet Raisins
 Sunview Raisins
 Ocean Spray Cranberries
 Nature's Promise Cranberries
 Brothers Peach Crisps
 Brothers Pineapple Crisps
 Brothers Asian Pear Crisps
 Brothers Strawberry/Banana Crisps
 Sunsweet Prunes
 Mariani Cherries
 Made in Nature Apricots
 Made in Nature Apples

Fresh Fruit

Apples
 Oranges
 Tangerines
 Nectarines
 Peaches
 Grapes
 Strawberries

Blueberries
 Raspberries
 Blackberries

*Suggested pairings: Fruit yogurt dip,
 low-fat caramel dip.*

Fresh Vegetables
 Carrot sticks
 Grape tomatoes
 Cherry tomatoes
 Snap peas
 Broccoli florets
 Cauliflower florets

*Suggested pairings: Hummus, low
 fat salad dressing, Greek yogurt
 vegetable dip.*

Note:

While the foods on this list are considered peanut and tree-nut free as of February 2013, be advised that food production is constantly changing. Additionally, some foods that do not have peanuts or tree-nuts listed as a major ingredient may be at risk of cross-contamination in food production areas. Please be sure to carefully read the food ingredient labels to ensure that no peanuts or tree-nuts are listed. Also check that there is not an additional note stating that the food "may contain peanuts or tree-nuts". Double checking the label can help avoid a serious allergic reaction.

Any reference to name brands included on this document is strictly an example for the convenience of teachers, staff and parents/guardians in choosing approved foods and beverages for students. Such references are not an endorsement or suggestion of Chicago Public Schools.