

ALLERGY FRIENDLY SNACK FOODS

School-safe snack list



School Safe Snacks for Kids

Free from the common allergens: wheat, peanuts, tree nuts, soy, egg, sesame, casein, sulfites, lupin, mustard, fish, shellfish & crustaceans.

- Applesauce
- Dried Fruit (banana chips, mangos, apricots, etc)
- Veggie Chips
- Kale Chips
- Popcorn
- Celery w. Sunflower Butter
- Fruit (grapes, strawberries, banana, watermelon, kiwi)
- Veggies (carrots, broccoli, peppers, cucumbers)
- Vegan Chocolate Chip Cookies



- Real Fruit Roll Up
- Enjoy Life brand: cookies, bars, energy balls
- Hummus & Veggies
- Roasted Chickpeas
- Apples w/ sunflower butter
- Cucumbers & Quacamole
- Tortilla Chips & Salsa
- Rice Cakes & Sunflower butter
- Oatmeal Bars
- Dairy Free Yogurt
- Homemade granola bars

