

50 Nut-Free Snacks for School



PRODUCE

- fresh fruit (apple, orange, banana, berries)
- fresh veggies (carrots, celery, broccoli, bell pepper strips, grape tomatoes)
- applesauce cup
- raisins
- dried fruit
- canned fruit/veggies in water
- mandarin orange fruit cup

SALTY

- pretzels
- roasted chickpeas
- popcorn
- crackers
- sunchips
- goldfish/cheddar bunnies
- rice cakes
- pirate's booty
- pita chips
- potato chips
- tortilla chips
- veggie straws

DAIRY

- cheese (stick, cubes, round, slice)
- yogurt tube
- yogurt pouch
- yogurt cup
- cottage cheese
- pudding cup

SWEET

- graham crackers
- teddy grahams
- nilla wafers
- fruit leather
- fruit snacks
- marshmallows
- jello cup
- cereal bar
- rice krispy treat
- hershey kiss
- fig newtons
- dry cereal
- fruit snacks
- fruit-flavored candy

COMBO FOODS

- guacamole
- fruit kabobs
- fruit & cheese kabobs
- caprese skewers
- fruit & yogurt parfait
- veggies & ranch
- homemade muffin
- cheese & crackers
- homemade nut-free energy balls
- snack mix
- ham & cheese roll-up