



CATHEDRAL
A CATHOLIC SCHOOL • GRADES 7-12

2021 - 22

Peanut and Tree Nut-Free Safe Snacks

Last updated: August 2021

For your convenience, we have compiled a list of snacks that are currently peanut and tree nut free snacks. We want to be very clear and cautious about giving a list of "safe packaged food." This is because ingredients change in products, sometimes often. It is so important to read labels every time you purchase items. All snacks that contain peanuts or tree nuts and their derivatives are not allowed in school.

Frito Lay Brand

- Braided Twists
- Baked Lays
- Baked Doritos Cheetos
- Doritos
- Fritos Ruffles
- Life Cereal
- Lays Classic, Wavy & Original chips
- Puffs & Twisted
- Rold Gold Pretzels
- Tostitos

Pepperidge Farm

- Caramels
- Goldfish – Cheddar, Original, Parmesan, Pretzel, and Pizza String-ums Cheese

Pringles (all chips)

Stacey's Pita Chips

- Barnum's Animal Crackers
- Cheese Nips
- Cameo cookies
- Fig Newton's (all flavors)
- Honey Maid Graham Crackers/Sticks
- Oatmeal Cookies plain & iced
- Oreo Cookies
- Ritz crackers – Original
- Sugar Wafers
- Teddy Grahams (all flavors)
- Triscuits
- Wheat Thins

Club Crackers

- Cheez-it Crackers
- Hi-Ho Crackers
- Town House crackers

Kellogg's

- Mini Wheats
- Nutri Grain Cereal Bars
- Pita Chips (whole wheat, original, garlic & herb)
- Pop Tarts
- Raisin Bran
- Rice Krispie Treat (original only)
- Rice Krispies Cereal
- Special K Cereal Bars

General Mills

- Cheerios (ORIGINAL FLAVOR ONLY)
- Raisins
- Rice Chex

Chips Ahoy

- Chewy
- Candy blast
- Regular cookies

Oreo's

- Double stuff
- Regular cookies
- Regular Chewy