



SUGGESTED NUT FREE SNACKS

- Popcorn
- Pretzels
- Chips
- Crackers - Ritz (plain), Saltines, NOT Keebler
- Fruit snacks
- Beef jerky/turkey jerky (Jack Links and some others)
- All fresh fruit and vegetables
- Biscoff cookies
- Lorna Doones
- Sugar Wafers
- Nature Valley Granola Bars - ***Oats and Honey only***
- Barnum's Animal crackers (Nabisco)
- Chex mix (regular flavor not the peanut m&m mix)
- Goldfish
- Cheezits

** Please review the Porter-Gaud Lower School handbook for food allergy guidelines