



SUGGESTED NUT FREE SNACKS

- Fresh Fruit / Vegetables
- Popcorn
- Pretzels
- Chips
- Cheese sticks / String Cheese
- Crackers - Plain Ritz, Saltines - NOT Keebler
- Fruit Snacks
- Beef Jerky/Turkey Jerky (Jack Links and some others)
- Biscoff Cookies
- Lorne Doones
- Sugar Wafers
- Barnum's Animal Crackers (Nabisco)
- Chex Mix - *original flavor only*
- Goldfish
- Cheez-its
- Oreos
- Fig Newtons

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