

# **Bark River-Harris School**

## **Peanut/Nut Free Birthday & Special Treats**

### **Be sure to avoid foods that contain any of the following ingredients:**

- cold pressed, expressed, or expelled peanut oil
- ground nuts
- mixed nuts
- Nu-Nuts® artificial nuts
- peanuts
- peanut butter
- peanut flour

### **Some Peanut Free Snacks**

Fresh fruits

Vegetables

String Cheese

Yogurt

Fruit Cups

Jello Cups

Fruit Snacks

Flavor Ice popsicles

Animal Crackers

Oreo Cookies

Lorna Doone Cookies

Rice Crispy Treats (plain variety)

Vanilla Wafers

Fig Newtons

Graham Crackers

Gold Fish (Cheese flavored)

Ritz (plain)

Wheat Thins or Triscuits

Popcorn

Doritos's

Cheetos

Lay's or Great Value Potato Chips

Rold Gold Pretzels

**PLEASE CHECK LABELS CAREFULLY EACH TIME YOU SEND SOMETHING TO SCHOOL BECAUSE COMPANIES ARE CONSTANTLY CHANGING THE PROCESSING OF FOODS AND THEIR INGREDIENTS.**