



### **School-Approved Allergen-Free Foods**

- Fresh fruit
- Canned fruit
- Fresh vegetables
- Cottage cheese
- Raisins
- Jell-O
- Apple sauce
- Sliced cheese
- Yogurt - no toppings (i.e. chocolate)
- Saltine crackers
- Fruit roll-ups
- Pepperidge Farm Goldfish & pretzels
- Pretzels
- Herr's
- Rold Gold
- Shop-rite
- Utz
- Fritos Corn Chips
- Doritos
- Sun Chips
- Smart Food Popcorn
- Wheat Thins
- Ritz Crackers
- Snackwell Vanilla Sandwich Cookies
- Rice Krispies Treats – plain
- Oreo Cookies - not cakes
- Fig Newtons
- Nabisco Teddy Grahams
- Luigi's Water Ice
- Rita's Water Ice
- Philly Soft Pretzel Factory - no dips
- Cupcakes or cookies made at Freed's Bakery (available at Mullica Hill ShopRite). Bakery is a nut-free facility.