



Healthy Snack Suggestions

Passport is a Nut Restricted campus

Fruits & Vegetables

Fresh Fruit
Applesauce Cups
Dried Fruit
Fruit Cups
Fresh vegetables
Vegetable dips

Cheese & Dairy

Yogurt in individual cups/tubes
Pudding in individual cups
String cheese or other cheese
Drinkable yogurt or smoothies
Cottage cheese
Kraft handi-snacks with cheese

Cereals

Cheerios (NOT Honey Nut or Frosted)
Chex (rice, corn, wheat)
Cinnamon Toast Crunch
Corn Flakes
Crispix
Frosted Mini-Wheats
Kashi
Kix
Life (NOT Vanilla yogurt crunch)
Wheaties
Other unsweetened cereal without nuts

Crackers

Triscuits, Wheat Thins, Veggie Thins
Ritz crackers/dinosaurs/sticks
Town House, Club, Toasted
Cheez-Its, Cheese Nips
Saltine, oyster crackers
Wheatables, Air Crisps, Munch'ems
Keebler Snack Stix
Kashi Tasy Little Crackers (TLC)
Breton/Dare brand crackers
Goldfish crackers

Cookies

Graham crackers
Teddy Grahams
Bug Bites crackers
Goldfish graham snacks
Austin Zoo/Barnum animal crackers
Vanilla wafers
Fig newtons

Cereal Bars

Nutrigrain cereal bars/yogurt bars
Special K Bars (NOT honey nut)
Special K Snack Bites

Other

Small bagels with cream cheese
Popcorn
Pretzels
Rice Cakes (NOT Quaker brand)
Potato Soy Crisps
Cheez-It/Munchie Party Mixes

Please read every label every time. Food labels and ingredients may change.

The brands listed above are suggested as typically nut free products.