

Wyoming City Schools

Allergy Free Food Options

These items were determined to be free of dairy, egg, wheat, peanuts, tree nuts, fish, and shellfish when added to this list; however, ingredients change and packaging should be reviewed for ingredients contained and manufacturing prior to consumption.

Daily Snack Foods: (not shared)

- Lunch Meat (Boars Head/Private Selection/Applegate Farms)
- Fruits and vegetables (pouches, cups, fresh)
- Pepperoni Slices
- Raisins/Craisins
- Sunbutter/Wowbutter
- Rice Cakes (plain)
- Corn Chips (plain only)
- Multigrain and Sweet Potato Chips by Food Should Taste Good
- Cheerios (plain or multigrain)
- Hannah and Sabra brand plain hummus
- Veggie Straws (Sea Salt) by Sensible Portions
- Simply Balanced Fruit Strip
- Annie's Fruit Snacks
- Skinny Pop & BoomChicapop Sea Salt Popcorn
- Enjoy Life products
- Made Good products
- Lays Chips (plain only)
- Fritos (original)

Party Treats: (items may be shared)

- All daily snack foods listed above
- Enjoy Life products
- Made Good products
- Cybele's Free to Eat Cookies
- Philly Swirl (SwirlStix, Cups, Popperz)
- Flavor Ice/Kona Ice
- Kraft jet puffed marshmallows
- Dandies marshmallows
- Gimbal Fine Candy products
- Yummy Earth and Dum-dum lollipops Skittles
- Smarties
- Dots
- Surf Sweets
- Starburst and Starburst minis
- Lifesaver mints

Drinks: (items may be shared)

- Water
- Lemonade (plain)
- Fruit juice or fruit drinks
- Gatorade