

GLUTEN FREE FOOD/SNACK LIST

Chex Cereals	Honey Nut, Chocolate, Cinnamon, Rice & Corn
Post	Cocoa Pebbles and Fruity Pebbles Treats
Lays	Baked Lays Original Potato Crisps & Classic Potatoe Chips Lays Wavy Original Potato Chips Lays STAX Original, Cheddar, and Sour Cream & Onion Tostitos Tortilla Chips (and baked variety)
Fritos	Corn Chips (Original, Scoops) Honey BBQ Flavor Twists
JellO Brand	gelatin and pudding snacks
Fruit Snacks	Kroger's, Kelloggs, Nabisco, General Mills, and Welches brand Fruit Snacks Farley's Brand gummy bears Trolli Gummi Candies—all Fruit by the foot Sunkist Fruit Rolls Sun-Maid Raisons
Juice Boxes	Mott's, Minute Maid, Del Monte, Juicy Juice, Capri Sun, Libbys Hawaiian Punch, KoolAid, Northland 100% juice, Welches
Chewy Candy	Jellybelly jellybeans - all varieties Jolly Rancher Fruit Chews Double Bubble, Wrigleys, Trident, Dentyne chewing gum Bubble Yum, Big League chewing gum, Chicklets Haribo Gummies, marshmallows Sharie's Candies Gummies & Trolli Gummies Mike and Ike Gold Medal Cotton Candy
Hard Candy & Suckers	Charms—all, Spree, BitOHoney, Farley's hard candies Spangler DumDum Pops, Extreme Pops, Lifesavers (all), Jolly Rancher hard candy & Lollipops, Topps Ring Pops, Pez, Haviland (Necco) Candy Stix

Frozen Treats

Hershey's

M&M's

Mars

Nestle

Quaker

Skittles

Snickers

Sour Patch Kids

Starburst

Sugar Babies

Sugar Daddy

Tootsie Roll

Wonka

Seasonal Candy

Gluten is a protein found in **Wheat, Rye, Barley, and Oats, (WBRO)** and its' derivatives.

Students on a Gluten Free Diet CAN NOT HAVE: most cookies, cakes, snack foods, breads, pastas, ce
in things like food additives, flavorings, (natural or artificial) or seasonings; also found in medicines, p

CAN HAVE: meats, cheese, nuts, fruits, raisins, vegetables, most ice cream, most popcorn

most fudge pops, bomb pops and Flavor-Ice

Kisses (Milk Chocolate, Milk Chocolate Meltaways,
Milk Chocolate w/ Almonds, Milk Chocolate w/ carmel), Reese's
PayDay, Heath Bar, Skor, York Peppermint Patty

Butter Cups, Chocolate Syrup (Lite and regular)

All Varieties (except crispie & pretzel varieties)

Dove Chocolate (All Varieties)

Milk Chocolate, Baby Ruth, Bit O Honey, Goobers,
Butterfinger (Exept Crisp or Stix), Oh! Henry, Spree,
Raisinets, Nesquik Syrup (all flavors)

Most rice cake snacks are gluten free

All Varieties

Almond, Dark, Fudge, Regular Snickers

All Varieties

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original, chocolate covered, carmel apple

Carmel Pops

Junior Mints, Tootsie Fruit Rolls,

Tootsie Pops (original, drop pops, bunch pops)

Tootsie Rolls (mini chews, regular, sugar free)

Runts, Nerds, Pixy Stix, Lik M Aid Fun Dip, Laffy Taffy,

Christmas - Spangler candy canes

Valentine - Necco Conversation Hearts, Luv Pops,

Spangler DumDum pops and Spangler picture pops,

Elmers Small Talk Conversation Hearts

Easter - JustBorn Marshmallow peeps and JustBorn Jelly Beans

Halloween - Spangler picture pops, Farleys candy corn,

Jellybelly candy corn

ereals, and packaged foods; gluten is hidden

ersonal care products, school supplies and more.