

Wyoming City Schools

Allergy Free Food Options

Updated October 2024

These items were determined to be free of the **top 8 allergens**: dairy, egg, wheat, soy, peanuts, tree nuts, fish, and shellfish when added to this list; however, ingredients change and packaging should be reviewed for ingredients contained and manufactured prior to consumption.

Food Items

- Lunch Meat (Boars Head/Private Selection/Applegate Farms)
- Fruits and vegetables (pouches, cups, fresh)
- Pacific Gold Beef Jerky
- Pepperoni Slices
- Raisins/Craisins
- Sunbutter/Wowbutter
- Multigrain and Sweet Potato Chips by Food Should Taste Good
- Cheerios (plain or multigrain)
- Blake's Seed-Based Snacks
- Snyder's of Hanover Gluten Free Pretzels (also dairy & nut free)
- Cybele's Free to Eat Oatmeal Raisin Cookies
- Biena Chickpea Snacks
- 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
- Original Lays Chips
- Hannah, Kirkland, and Sabra brand plain hummus
- Kirkland Signature Organic Guacamole
- Veggie Straws (Sea Salt) by Sensible Portions
- Simply Balanced or Good & Gather Fruit Strip
- Stretch Island Fruit Leather
- Annie's Fruit Snacks
- Skinny Pop & Boom Chicapop Sea Salt Popcorn
- Angie's BoomChickaPop Sweet & Salty Kettle Corn
- Fritos (original)
- Partake Cookies
- Bare Apple Chips
- Gimbal Fine Candy products
- Yummy Earth and Dum-dum lollipops
- Smarties
- Dots Gumdrops
- Surf Sweets
- Lifesaver mints
- Skittles
- Starbursts

Drink Items

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