FOOD and BEVERAGE GUIDELINES

The following guidelines are in place to correspond to the District's Wellness Policy.

Healthy School Parties: The following is a list of healthy snack choices to consider for classroom events and parties.

- o Pudding
- o Trail Mix
- o Cereal bar
- o Fig cookies
- o Baked Chips
- o Ginger snaps
- o Granola bars
- o String cheese
- o 100% fruit juice
- o Animal crackers
- o Graham crackers
- o Flavored bottled water
- o Fresh fruit and vegetables
- o Soft pretzels with mustard
- o Sport drinks (12 oz. size)
- o Bagels with low fat cream cheese
- o Fat free, low fat regular and flavored Yogurt
- o Sugar-free, fat-free heart cookies at Valentines
- o Pizza with no extra cheese and no more than one meat
- o Single serve low fat or fat free milk (regular or flavored)

*Some items may be allergens and/or choking risk for some students.