

Food and Beverage Options for Classroom Celebrations

- Raw vegetables (sticks, slices, whole) with low-fat dressing
- Fresh fruit, fruit salad***.
- Frozen fruit pops with fruit juice or fruit listed as the first ingredient***
- Dried fruit – raisins, cranberries, apricots***
- Single serving applesauce or canned fruit in water or unsweetened juice***
- Fruit smoothies made with fat-free or low-fat milk**/**
- Cereal (must be whole-grain rich and have < 10 grams of sugar/serving)
- Trail mix or party mix (no peanuts, tree nuts or nut products)*
- Lean meats and reduced fat cheeses**
- Air-popped popcorn
- Plain rice cakes
- Pretzels or reduced-fat crackers*
- Graham crackers, animal crackers*
- Baked chips with salsa or low-fat dip (non-dairy)
- Mini bagels with fat-free or reduced-fat cream cheese**
- Fat-free or low-fat yogurt (no fruit)**
- Fat-free or low-fat pudding**
- Low fat ice cream (plain with no nuts or peanuts)**
- Pasta salad
- Bread sticks with marinara
- Nabisco 100 calorie packs (Chips Ahoy, Oreo, Lorna Doones only)
- Keebler 100 calorie packs (Sandi Fudge Dips, Chocolate Chip or Fudge Stripes only)

Beverages

- Pure water
- Zero-calorie flavored water
- 100% vegetable juice
- Fat-free or low-fat white milk**

* Please check labels to be certain no peanuts or tree nuts are listed in the ingredients, and that these items are not manufactured in a plant that contains or distributes peanut or tree nut products. Manufacturers are known to change where products are made without notice.

** These items are prohibited in classrooms with children who have milk/dairy allergies or are lactose intolerant.

*** Some types of fruit are prohibited in classrooms with children who have specific fruit allergies.

These items are strictly prohibited:

- Peanuts, tree nuts and all their derivatives. Also, products produced in a factory that contains or distributes peanut or nut products.
- Whole eggs or anything containing whole eggs (baked goods packaged by the manufacturer with egg ingredients are permitted.)
- Seafood and fish and anything containing seafood or fish.
- Anything with pork gelatin (common items include marshmallows, Rice-Krispies treats, gummy candies). Check with the manufacturer's website if not sure if item contains pork gelatin.

This list is meant to provide parents and school staff with guidance for healthier food and beverage choices. Not all food and beverage items will necessarily meet district nutrient standards as items vary in sugar, fat, and calorie content from brand to brand. However, all of the items on the list are believed to be consistent with the intent of the wellness policy to promote student health, reduce childhood obesity and reduce the possibility of exposure to known food allergens.