

## ***Suggested Healthier Food Alternatives***

*Because of the number of students with significant medical issues throughout the school, all food served in the classroom must be reviewed in the Health Room (K-6). There are students with very specific allergens (i.e. apples, pears, eggs, red dye etc.). It is easiest, and safest for the students to have all food checked through a central location- The Health Room.*

*When party planning, please choose from these healthier options:*

*Drink – limited to*

*Water (may be flavored, unsweetened or sparkling)  
100% juice drinks  
Low fat milk*

*Party Food: (4 selections only)*

*Fresh fruits, dried fruits, frozen fruits, canned fruits in water  
Fresh vegetables, salad bar  
Whole grain crackers, rice cakes  
Humus or low fat dips or salsa  
Baked tortilla chips or baked chips  
Pretzels, especially whole grain  
Yogurt – low fat or Greek style  
Lo fat cheese including string cheese  
Whole grain cereal (unsweetened)  
Animal crackers, graham crackers, teddy grahams  
Air popped or low-fat popcorn*

*PLEASE NOTE: Even if a food is on this list above it still MUST be checked in at the Health Room for it's nutritional label and official approval to be served. No homemade food is permitted.*