

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, consider these healthier options:

Drink – limited to

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

Party Food

*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*