

Madeira School Health Advisory Council

Suggestions for MES Healthy Birthday & Classroom Party Snacks

Snack Foods

Baked tortilla chips w/salsa or bean dip	Yogurt "sundae" with fresh fruit
Whole grain crackers, pretzels	Mini bagels
Fig bars, vanilla wafers	Gingersnaps, animal crackers
Graham crackers	Popcorn
Jello or pudding cups	Ice cream or sherbet cups
String cheese, cheese cubes	Frozen fruit juice pops
Angel food cake	"Make-your-own" trail mix (cereal, raisins, pretzels, etc)

Fruits & Vegetables

Apples	Clementine oranges	Mini Bananas
Melon chunks	Cucumber slices	Cherry tomatoes
Red pepper slices	Fresh berries	Dried fruits
Baby carrots	Sugar snap peas	Grapes
Fruit cups (packed in juice)	Fruit & cheese kebabs	Veggie kebabs

Beverages

(Use 4-6 oz. cups for portion control)

100% fruit juice	Ice cold water
Low-fat (1%) and fat-free (skim) milk	Carbonated water mixed with 100% fruit juice

Non-Food Ideas

Fun pencils, stickers, erasers and other school supplies	Board or card game for the class
Donate a book to the School Library	Small toys, trinkets

✓ *For the safety of children with food allergies, please check with your teacher before sending birthday treats to school.*