

Madeira School Health Advisory Council Suggestions for Madeira Preschool Birthday Treats & Classroom Celebrations

Snack Foods

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

Fruits & Vegetables

(Small pieces or slices that are easy for child to chew, plain or with dip or yogurt)

Apple slices	Clementine oranges	Mini Bananas
Melon slices	Cucumber slices	Red pepper slices
Fruit cups (packed in juice)	Fresh berries	

Beverages

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

100% fruit juice	Ice cold water	Low-fat (1%) and fat-free (skim) milk
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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.
- ✓ Avoid foods that may cause choking in young children, such as marshmallows, raisins/dried fruit, large pieces of fruit, raw celery, cherry tomatoes, popcorn/popcorn cakes, whole grapes, round or hard candy, raw carrots, nuts and seeds.