Eisenhower Elementary

Suggested Pre-Approved Healthy Birthday Snacks List

Due to the Camp Hill School District wellness policy, **cupcakes and high-sugar based sweets will no longer be permitted as birthday treats**. The good news is that your child can pick from these pre-approved, healthy, list of treats for ideas.

1. Mini Muffins
2. Quick bread slices such as banana, zucchini or pumpkin
3. Fresh fruit (Watermelon slices, apple slices, strawberries, bananas, etc..)
4. Yogurt “Sundaes” – dollop Greek yogurt, granola & chopped fruit.
5. Fruit kabobs with vanilla Greek yogurt
6. Soft pretzel bites
7. Dark chocolate dipped pretzel rods (just the tip)
8. Popcorn
9. Rice Crispy treats
10. Cupcake muffins (Low sugar, low calorie frosting)
11. Whole grain granola bars
12. Dark chocolate “dipped” strawberries (dip just the tip for a chocolate treat)
13. Natural fruit leathers (fruit as the only ingredient)
14. String cheese with whole grain crackers
15. Dried fruit (raisins, apricots, etc...)
16. Unsweetened applesauce cups
17. Fruit & cheese kebabs
18. 100% fruit juice popsicles
19. Trail Mix (made w/ coconut, dried fruit, popcorn, sunflower and pumpkin seeds,

dark chocolate chips, pretzel sticks, raisins, etc…No nuts please)

1. Non-food treats such as pencils, erasers, stickers, etc.