

School Parties and Celebrations

Attached is a list of ideas and recommendations for classroom parties and celebration which is in compliance with Mt. Lebanon School Districts Wellness Policy and PDE Guidelines. Classroom parties are permitted only 2 or 3 food items that contain added sugar as the first ingredient.

Please note, at all classroom parties fruits and vegetables must be offered and the only beverages permitted during the school day is **milk, 100% juice and water**. Party foods may be purchased through the districts foodservice department.

Parents and teachers are encouraged to use the following lists of food items for classroom parties:

- Fresh fruit and veggie tray
- Apple and orange wedges
- Fruit salad or fruit kabobs with low-fat dip
- Celery with cream cheese
- Low-fat string cheese
- Cheese and crackers or cheese kabobs
- Yogurt or yogurt parfaits
- Oatmeal raisin cookies
- Bagels and cream cheese
- Raisin bread or whole grain breads and muffins
- Mini sandwiches or pinwheels (rolled sandwiches)
- Mini pizza on english muffin
- Veggie pizza
- Fruit pizza
- Pizza dippers or bread sticks with marinara sauce
- Salsa or bean dip with baked tortilla chips
- Pretzels
- Animal crackers or graham crackers
- Granola or low-fat granola bars
- Popcorn
- Angel food cake, plain or topped with fruit
- Waffles or pancakes topped with fruit
- Low-fat pudding or pudding parfaits
- Fruit smoothies

When purchasing packaged foods please refer to the list " Foods Sold In School"

Avoid any foods that contain peanut, peanut butter, peanut oil or any other nut or seed derivative.

