



Millbrae School District

Healthy Classroom Party Ideas

The occasional classroom party is an excellent time to reinforce healthy eating habits. Healthy behaviors have a positive impact on students' daily attendance, classroom participation, test scores, behavior, and help influence life-long healthy lifestyle habits. Proper guidance, education, and the ability to practice learned behaviors will lead to positive choices.

The Millbrae School Wellness Policy recommends that unhealthy foods be limited at classroom parties. Below is a partial list of healthy celebration foods that support the Wellness Policy.



Fresh fruit & vegetables

Base your snack on healthful fruits and vegetables, such as:

Fruits

Apples, orange wedges, pineapple, bananas, kiwi, grapes, berries, dried fruits, melons,

Vegetables

Baby carrots, green or red pepper strips, pea pods, broccoli, cauliflower, cherry tomatoes, salads with low-fat dressing.



Healthier Desserts:

Limit desserts to one or two small portion items. Some dessert options are:

- Fig Newtons
- 100% fruit juice bars
- Chocolate dipped fruit
- Strawberries with whipped cream
- Fruit salad
- Melon balls with mint and yogurt
- Yogurt parfaits with yogurt, granola, and fruit
- Fruit leathers



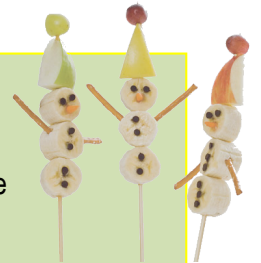
Beverages Choose beverages with low added sugar content, such as:

- Nonfat or 1% milk or milk alternatives
- Still or sparkling water
- Sparkling water mixed with 100% juice
- Smoothies
- Yogurt lassi
- Herbal ice tea with mint and lemon



Healthy Snack Ideas

- Low-fat string cheese
- Whole grain crackers with low-fat cheese
- Hot, soft pretzels with mustard
- Popcorn, air popped
- Nuts and seeds (check classroom allergies)
- Beef jerky
- Cheese or fruit pretzel kabobs (cheese cubes threaded on thin, pretzel sticks)
- Baked tortilla chips and salsa or low-fat bean dip
- Pretzels, baked or reduced fat chips are better than regular chips
- Hard-boiled eggs (color for spring and eat!)
- Dry cereal mix (ie Cheerios, Chex)
- Ants on a Log – nut butter or cream cheese on celery, covered with raisins
- Trail mix party – kids make their own mix
- Vegetables with hummus or low-fat dressing
- Bagel faces – bagel, cream cheese, fruit and veggie decorations



Themed Parties

Halloween

- Roasted pumpkin seeds
- Pumpkin bread muffins

Harvest or Thanksgiving

- Nut & dried fruit trail mix
- Corn bread

Valentine's Day

- Cherry tomatoes filled with low-fat cottage cheese sprinkled with sunflower seeds.

Spring

- Fruit salad with yogurt dip
- Ants on a Log

End of the Year or Summer

- Fresh Fruit Kabobs
- Veggie Sticks with Low fat Dip
- Banana Splits (bananas, fresh berries, low fat vanilla yogurt, low fat granola)

