

Starkweather Elementary School

Homeroom Celebration Snacks

In planning a celebration where food will be served please contact the teacher. Make every effort so that every student in the classroom can participate.

General Ideas

- Individual snack bags of healthy items are wonderful for teaching portion control.
- Have a tasting party where children can vote for their favorite healthy snack.

Fresh Fruit/Vegetables

- Sliced Apples with cinnamon
- Orange Wedges
- Sliced Kiwi
- Grapes
- Dried Fruit (Not fruit snacks or fruit roll-up)
- Baby Carrots
- Cut Broccoli
- Celery stuffed with light cream cheese
- Fresh fruit assortment,
- Fruit and cheese kabobs,
- Fruit topiaries with dip along with colorful goldfish crackers. The children enjoyed pulling the fruit off of the “trees” (Styrofoam cones) and dipping it in the fruit dip
- Melon Skewers – Use a melon baller to scoop out the flesh. Skewer the melon balls on a straw.
- Fruit salad,
- Fruit with low-fat whipped topping
- Dried fruit (raisins, cranberries, apricots, banana chips)
- Vegetable trays
- Zucchini Kabobs – Slice a small zucchini and a small yellow squash into thin discs. Skewer them on straws. Dip in low-fat ranch dip.
- Rainbow Veggie Wrap – Thinly slice a cucumber, a zucchini, a carrot and some grape tomatoes. Mix the veggies in a bowl. Spread some low-fat cream cheese on a whole wheat tortilla. Spoon some veggies over the cheese. Top them with salsa. Roll your tortilla tightly and slice into 1 inch rounds.
- Lettuce Roll-up – Wash and dry a whole piece of Romaine or Butterhead lettuce. Place it on your plate inside up then top with your favorite vegetables. Roll up the lettuce with everything inside.

Dairy Products

- 1st Grade "Boo Cups": Fat free Jell-O Pudding cups with 1 spoonful of lite cool-whip and two mini chocolate chips eyes. These went over well!
- Serve a small plastic “cocktail” size cup with lowfat, sugar free vanilla pudding and a dollop of whipped cream, fruit kabobs placed on top, garnished with a pretzel rod that has chocolate on one end (not even half way covered). The kids all “oohed” and “ahhed” as it was served, and it was also successful because the room actually did become quiet for about 6 minutes!
- String Cheese
- Yogurt (frozen, drinkable, etc.)
- Unflavored or flavored low-fat or fat –free milk
- Low-fat pudding
- Low-fat yogurt
- Yogurt parfaits
- Icy the Ice Cream– Place a round scoop of low-fat ice cream on a sheet of wax paper. Place it in the center of your plate. Add two blueberry eyes, a cherry nose and mandarin orange mouth. Top with shredded coconut for Icy’s hair.

- String cheese Creepy Crawly – Unwrap a piece of string cheese. Press three pretzel sticks into each side of the cheese to make legs for your insect. Break another pretzel in half and press the two pieces into one end to make feelers.
- Banana splits(Take ¼ of a banana, scoop ½ cup yogurt onto banana and top with berries, cereal, granola or crushed graham crackers)

Crackers – Grains (Baked crackers preferably whole grain)

- Whole grain goldfish
- Pretzels
- Baked Cheez-its
- Triscuits
- Wheat Thins
- Whole-grain crackers with string cheese or hummus
- Whole –grain waffles or pancakes with fruit
- Pretzels, low-fat popcorn, rice cakes, graham crackers, animal crackers
- Whole wheat English muffin, bagel slices with fruit jam
- Low –fat tortilla chips and salsa or bean dip
- Trail/cereal mix(whole-grain, low-sugar cereals mixed with dried fruit and pretzels)
- Ants in the sand – Place two graham crackers in a zippered plastic bag. Then squish the bag with your hands until it looks like sand. Add ¼ cup of raisins to the bag and close it. Shake the bag to mix the ingredients. Eat it directly from the bag with a spoon.
- Yogurt Graham's – Spread your favorite flavor of low-fat yogurt on a graham cracker. Top it with a second square and wrap it in plastic. Freeze for one hour.
- Sun Chips
- Teddy Graham's

Cereal Bars/Dry Cereal

- Low sugar breakfast bars
- Nature Valley Granola Bars
- Quaker Low Sugar Chewy Granola Bars
- Tastykake Fruit and Yogurt Breakfast Bars
- Tastykake Apple Muffin Bar
- Toasty art – Spread some reduced-fat cream cheese on a slice of whole wheat bread that has been toasted. This creates a blank canvas. Make toast art by arranging dry cereal o's, sliced bananas, apple dices, strawberry slices and raisins to create a one-of –a –kind picture.

Other

- 100% juice popsicles

Beverages

- Water should be the main drink served to children at snack time
- Seltzer water without added caloric sweeteners
- 100% fruit and vegetable juice
- Unflavored and flavored low-fat or fat-free milk and nutritionally-equivalent non dairy beverages (to be defined by USDA)
- Flavored waters
- Fruit smoothies
- Purple cow – Break a frozen banana into pieces and put into blender. Cover with ½ cup low –fat milk, ½ cup of grape juice, and a teaspoon of vanilla extract. Blend until it's as thick as a milk shake.

Note: Beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are more like soda than juice. They are sugar water with a few tablespoons of juice and are **not approved** drink.