

Healthy Food & Beverage for Classroom Celebrations

Fruits & Vegetables

- Fruit kabobs (grapes, pineapple, melons)
- Sliced Apples or Oranges
- Mini fruit cups or parfaits
- Veggie sticks (carrots, celery, bell peppers) with hummus or yogurt dip
- Berries (strawberries, blueberries, raspberries)

Snacks

- Whole-grain crackers with cheese
- Mini sandwiches (whole-grain bread, turkey or veggie options)
- Popcorn (air-popped)
- Trail mix (seeds, dried fruit) nut free if allergies are a concern
- Pretzels or whole-grain chips with guacamole or salsa

Dairy & Protein

- Yogurt cups or tubes (low sugar)
- String cheese or cheese cubes
- Hard boiled eggs (pre-peeled for convenience)
- Mini turkey or chicken sandwich

Beverages

- Water bottles
- Flavored Water (infused with fruit slices)
- 100% juice boxes
- Milk boxed (low fat or fat free)
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Sweet Treats (Healthier Options)

- Homemade Oatmeal cookies
- Dark Chocolate – dipped fruit
- Banana or Zucchini muffins (low sugar)
- Rice Cakes with Nut butter or fruit toppings