Celebrate the Healthy Way!

SPRINGFIELD PUBLIC SCHOOLS
Every Student, Every Day

Healthy School Celebrations

Looking for a fun and healthy way to celebrate your child's birthday or special occasion at school? Here are some great ideas that meet our school nutrition guidelines!

Fresh Fruits & Vegetables

- Unsweetened apple sauce cups
- 100% fruit popsicles
- Dried fruits (apples, peaches, apricots, etc.)
- Raw vegetables with low fat dip, salsa or hummus
- Fresh fruit kabobs

Dairy & Protein

- Low fat string cheese
- Fat free or low fat ice cream or frozen yogurt
- Low fat yogurt (individual cup or tube)
- Low fat pudding (individual cup or tube)
- Yogurt fruit parfait

Whole Grains

- Low fat popcorn
- Whole grain pretzels
- Graham crackers
- Goldfish® crackers – Whole Grain
- Whole grain, low fat granola bars
- Whole grain pita

Drinks

- Water
- Low-fat or fat-free milk (white or chocolate)
- 100% juice
- Flavored water (no added sugar or caffeine)

All food and beverages must be in original packaging.
Homemade or opened food items are not permitted.
Please note: Schools may have additional allergy and food safety requirements.

This institution is an equal opportunity provider.