




















This list should serve as a guideline, but certainly does not encompass all healthy (or unhealthy) options.

| Snacks | |
|---|---|
| Healthy Choices | Un-Healthy Choices |
| <p>Pretzels </p> <p>Goldfish </p> <p>Fresh Fruit </p> <p>Fresh Veggies </p> <p>Yogurt </p> <p>Cheese Stick </p> <p>Graham Crackers </p> <p>Popcorn (Plain or Buttered) </p> <p>Cereal Bars </p> | <p> Chips (including hot fries)</p> <p> Candy</p> <p>Chocolate-Covered foods, such as Granola Bars </p> |
| Lunch | |
| Healthy Choices | Un-Healthy Choices |
| <p> Lunchmeat Sandwiches</p> <p>Any of the Healthy Snack Choices</p> | <p> Fast Food</p> |

| | |
|--|---|
| <p>Salads</p>  <p>Homemade Pizzas</p> | <p>Chips</p>   <p>Fried Food</p>  <p>Other junk food- candy, soda, etc...</p>  |
| Drinks | |
| Healthy Choices | Un-Healthy Choices |
| <p style="text-align: center;">Water Milk Soy Milk 100% Juice 100% juice, mixed with water</p> | <p style="text-align: center;">Fruit Punch Soda Juice Jammers</p> |

Contact your child's teacher to arrange special birthday snacks.
**Please remember to bring healthy snacks for birthday celebrations.
 Items such as cupcakes, cookies, etc... will be sent home.**