

## Holiday and Birthday foods that meet the standards set by the wellness policy

Ice creams and Frozen desserts that meet the nutritional standards (can be purchased and stored in the cafeteria) please note we are not permitted to store any foods that were not purchased from our vendors, please do not ask the cafeteria ladies to store outside foods)



- **100 Calorie Cookies and Crackers**
- **100% Fruit Snacks**
- **Animal Crackers**
- **Black & White Cookies small size**
- **Cheese & Crackers**
- **Cheese Sticks**
- **Chex Mix**
- **Cookies or cupcakes that meet the criteria Check the package labels**
- **Fruit Ices**
- **Fruit Trays sealed only**
- **Granola bar**
- **Jello**
- **Kudos**
- **Low fat mini muffins**
- **Mini Bagels**
- **Mini Brownie Bites**
- **Mini muffins**
- **Nutrigrain Bars**
- **Pudding Cups**
- **Rice Krispie Treats**
- **Small Bags of Pretzels, Popcorn, Kettle Cooked Chips (all that meet the nutrition criteria)**  
**Sun chips,**
- **Veggies & Dip trays sealed only**
- **Yogurt Gogurt Pops**
- **Non food choices, books, games, puzzles, note pads, stickers**

Please DO NOT send the following items to school for holidays and birthday celebrations

- **Homemade baked goods (cookies, cupcakes)**
- **Home prepared items such as vegetable or fruit platters**
- **Foods of minimal nutritional value i.e. gum, candy, water ices (ice pops that do not contain fruit or fruit juices) soda or any carbonated beverages**
- **Juice drinks i.e. Hi C, Hawaiian Punch,**
- **Muffins, cupcakes, desserts or ice creams that do not meet the nutritional standards for fat and saturated fat.**
- **Food items that are not in sealed packages i.e. dunkin donuts munchkins or donuts**