

Snack and Beverages Ideas for classroom celebrations

LIST PREPARED FOR A CLASS WITH NO KNOWN DIETARY RESTRICTIONS

* Always ensure food allergies of any participants are known before serving any food

**Communicate with the families before serving

*** When in doubt, Don't serve!

SNACKS

- ☐ Fresh fruit (trays, salads or kebobs)
- ☐ Fresh vegetables
- ☐ Yogurt (alone or as dip for fruits or vegetables)
- ☐ Yogurt parfaits (fruit and whole grain cereal or granola as topping)
- ☐ Frozen grapes or other fruit
- ☐ Dried fruit (with no added sugar)
- ☐ Whole grain pretzels (soft or crunchy)
- ☐ Air-popped popcorn (no added butter)
- ☐ Whole grain crackers
- ☐ Baked chips (small portions)
- ☐ Nut or seed butter (with fruit, jelly and/or whole grain crackers or bread)
- ☐ Nuts or seeds
- ☐ Trail mix made of nuts or seeds and dried fruit with no added sugar
- ☐ Cheese (with fruit or whole grain crackers)
- ☐ Hummus (with vegetables or whole grain crackers)
- ☐ Small waffles or pancakes topped with fruit or nut or seed butter
- ☐ Small whole grain bagels or English muffins with turkey or ham
- ☐ Bean quesadillas or burritos made with whole grain tortillas with salsa
- ☐ Baked whole grain tortilla chips with salsa or bean dip

BEVERAGES

- ☐ Water (with ice and/or fresh fruits)
- ☐ 100% fruit juice (with no added sugar)
- ☐ Milk
- ☐ Fruit smoothies (made with frozen fruit, yogurt and a splash of honey if needs more sweetness)