

Snack and Beverages Ideas for classroom celebrations

LIST PREPARED FOR A CLASS WITH KNOWN NUT ALLERGIES

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

** Check labels for traces of peanuts

***Communicate specific brands to the families before serving

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

SNACKS

- | | |
|---|---|
| <input type="checkbox"/> Fresh fruit (trays, salads or kebobs) | <input type="checkbox"/> Whole grain crackers (check label!) |
| <input type="checkbox"/> Fresh vegetables | <input type="checkbox"/> Cheese (with fruit or whole grain crackers) |
| <input type="checkbox"/> Yogurt (alone or as dip for fruits or vegetables) | <input type="checkbox"/> Hummus (with vegetables or whole grain crackers) (check label!) |
| <input type="checkbox"/> Yogurt parfaits (fruit and whole grain cereal or granola as topping) (check label!) | <input type="checkbox"/> Small waffles or pancakes topped with fruit |
| <input type="checkbox"/> Frozen grapes or other fruit | <input type="checkbox"/> Small whole grain bagels or English muffins with turkey or ham |
| <input type="checkbox"/> Dried fruit (with no added sugar) | <input type="checkbox"/> Bean quesadillas or burritos made with whole grain tortillas with salsa |
| <input type="checkbox"/> Whole grain pretzels (soft or crunchy) (check label!) | <input type="checkbox"/> Baked whole grain tortilla chips with salsa or bean dip |
| <input type="checkbox"/> Air-popped popcorn (no added butter) | <input type="checkbox"/> Baked chips (small portions) |

BEVERAGES

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|---|---|
| <input type="checkbox"/> Water (with ice and/or fresh fruits) | <input type="checkbox"/> Milk |
| <input type="checkbox"/> 100% fruit juice (with no added sugar) | <input type="checkbox"/> Fruit smoothies (made with frozen fruit, yogurt and a splash of honey if needs more sweetness) |