

Healthy Celebrations:

If you wish to recognize your child's birthday with a class celebration at the end of their lunch time, we encourage you to provide a healthy snack. Listed below are some ideas:

Fresh Fruit-trays, salads or kabobs

Fresh Vegetables- trays, salads or kabobs

Fat-free or low fat yogurt

Yogurt Parfaits

Dried fruit with no added sugar

Trail mix made of nuts or seeds and dried fruit with no added sugar

Low-fat cheese (serve with fruit or whole grain crackers)

Hummus (serve with vegetables or whole grain crackers)

Whole grain pretzels (soft or crunchy)

Low fat or air-popped popcorn

Roll-ups on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese)

Fat free or low fat pudding

Baked chips

Thanks,

Bonita S. Paquette

Principal

Westgate Elementary School