

Suggestions for Healthy Birthday Treats

In our efforts to provide students with nutritional food at West Ridge, we are requesting that you send in healthy birthday and party treats. So, when it's your child's birthday and you want to send in a classroom treat that is healthy and still a crowd-pleaser. What do you do?

Some ideas:

Mini bagels (whole wheat/grain)
Granola bars (low sugar)
Mini apple, cinnamon, banana, bran or oatmeal muffins
Organic low sugar cookies
Graham/Animal/Goldfish Crackers
Whole Wheat crackers and cheese
Low fat string cheese
Fruit Kabobs (strawberries, grapes and melon work well)
Fruit cups
Yogurt with fresh fruit
Dried fruit mix
Clementines/Orange slices
Pineapple chunks
Grapes
Berries
Watermelon
Chocolate covered strawberries/bananas
Fruit smoothies (yogurt with fresh or frozen fruit)
Yogurt cups with granola topping
Applesauce
Veggies and dip
Ants on a log (celery with cream cheese topped with raisins)
Pretzels
Popcorn
100 calorie bagged snacks with 0 Trans Fats



Please share your own great ideas with other parents!

Remember to check with your child's teacher regarding food allergies before sending in any food.

Please avoid.....

- * Any food with sugar as the first ingredient
- * Marshmallows
- * Brownies
- * Donuts
- * Cupcakes
- * Candy
- * Ice Pops