

Classroom/Team Party Food Guidelines

The following is a guide to be used for all classroom party celebrations in accordance with the District Wellness Policy. Remember, per the guidelines set by the Board of Education based on recommendations from parents, teachers and administrators, there will be NO food at any birthday party in District 34. These guidelines are for classroom and team parties that occur during the year.

The foods represented in these menu lists for school sponsored parties are foods chosen from a variety of resources including the Dietary Guidelines for Americans, the Heart Association, kidshealth.org, the USDA and the Food Guide Pyramid. Foods chosen for parties must be of nutrient value and be low in fat, sugar and calories. Our children need our support in choosing the foods that will benefit their bodies and minds!

Please note that all food, including fruits and vegetables, need to be store bought and should not be handled and/or prepared prior to the party.

Party menu - Please provide the specified number of items of each category from each of the following groups including vegetables, fruits, grains, dairy and beverages.

Vegetables - provide a minimum of two to serve the number at the party:

Vegetables are great snacks! Trays or bags of pre-cut vegetables can be purchased (remember do not open the packaging prior to the party). With advance notice, many stores will prepare your tray to your specifications. Some kid tested favorites include:

- Red Bell Peppers
- Broccoli
- Grape Tomatoes
- Carrots (sticks or baby)
- Sugar Snap Peas
- Celery Sticks
- Cucumber (sticks or slices)

Fruits - provide a minimum of two to serve the number at the party:

Just like vegetables, any fruit makes a great snack. As with the vegetables, many stores will prepare your tray to your specifications including into kabobs or trays. Fruit can also be served alone or with a low-fat yogurt as a dip. Season will dictate the best fruit to purchase. Some kid tested favorites include:

- Apples
- Bananas
- Strawberries
- Watermelon
- Cantaloupe
- Grapes
- Pineapple
- Kiwi
- Berries (blueberries, raspberries or blackberries)
- Dried fruits such as raisins, plums or apricots
- Papayas or Mangos
- Frozen Fruit Pops

Grains - provide a minimum of two to serve the number at the party:

Whole grain food products that provide fiber are great snacks. Please bring these items in the original packaging from the store.

- Pretzels
- Pita Slices
- Whole grain reduced sugar breakfast cereals (like Cherrios)
- Bagels
- Crackers such as Triscuits or Wheat Thins
- Whole grain bread cut into interesting shapes (served with cheese)
- Plain or Flavored Popcorn
- Rice Cakes
- Oatmeal Bars
- Hummus (flavored or plain)
- Baked Tortilla Chips w/ salsa
- Graham Crackers (regular or bear shaped)
- Goldfish (type) Crackers, any flavor
- Mini Muffins
- Mini Rice Krispie Treats
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Dairy - provide a minimum of two to serve the number at the party:

Low fat cheeses and yogurt are popular menu items with children and are extremely nutrient-rich. Please bring these items in the original packaging from the store.

- Cheese Cubes or Slices
- String Cheese
- Frozen Yogurt Cups or Pops
- Frozen Pudding Pops
- Pudding Cups
- Gogurt

Beverages - provide a minimum of two to serve the number at the party:

Drinks should be provided as part of the menu. Please bring these items in the original packaging from the store.

- Water, only plain; unsweetened, unflavored and noncarbonated
- Fruit Smoothies made with fruit and low- fat milk or yogurt
- Plain or Flavored (chocolate, strawberry or vanilla) Milk
- Juice that is at least 50% Real Fruit Juice

Other Ideas:

Provide if you choose:

- Finger sandwiches cut by the store in interesting shapes made with low-sodium, low-fat lean meats
- Trail mix made without nuts
- Please contact the Food Service Department for approval of any items not listed. You can also go to www.isbe.state.il.us/calculator/calculator.html to find out if a food item fits the Wellness Guidelines.

Here are some sample menus ideas for school sponsored parties that occur throughout the school year.

Halloween

- Vegetable tray containing carrot sticks, celery sticks, grape tomatoes, and broccoli
- Apples and grapes
- Pretzels and popcorn
- Pudding cups
- Red juice
- Finger sandwiches cut into bat or pumpkin shapes by the store

Winter Holiday Party

- Vegetable tray containing red and green pepper strips, broccoli and baby carrots
- Fruit tray containing pineapple, kiwi, grapes and cantaloupe
- Teddy Grahams and Goldfish Crackers
- String Cheese
- Bottled Water

Valentine's Day Party

- Red Pepper Strips, Grape Tomatoes
- Fruit tray containing watermelon, strawberries and red grapes
- Mini Muffins
- Gogurt
- Cherry juice