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## Birthday Snack Policy

Dear Parents,

At Meadow Oaks Academy we recognize that birthdays are a special day for our students. However, we must also ensure that party celebrations do not disrupt the academic process. Additionally, we want to ensure that the parties adhere to our Sugar-Free school policy that recognizes the importance of wellness and good nutrition in the overall health of our students. The school and our staff are responsible for positively influencing student beliefs and habits in these areas.

Parents, we currently average 8 birthday parties a week. In order to ensure minimum disruption to academia these parties are only permitted on Friday after 2:30 pm for elementary grades and Mon-Fri after 2:30 pm for preschool. Also, because of sheer number of parties, I request you to not bring in cupcakes or cakes or any other sugar snack, for your child's birthday. If you want to bring a special snack that do not adhere to school Sugar-Free policy, please bring it in a goodie bag and it will be sent home at the end of the day. If you are looking for ideas on what to bring for these parties, I am attaching a list of recommended snacks below.

***The following is a list of recommended snacks:***

Ants on a log ( <i>celery with peanut butter or cream cheese and raisins</i> )	Grapes
Apple	Hard boiled eggs
Applesauce ( <i>individual servings with spoons</i> )	Honey roasted cashews or almonds
Apricots	Jello jigglers
Carrots with dip	Kabobs <i>made with combinations of cheese, fruit, veggies, lunch meat</i>
Bagels with various cream cheese spread or peanut butter	Lean cuts of turkey, ham, pepperoni, etc
Baked whole grain goldfish	Mandarin oranges or peaches
Peanut butter and banana sandwiches	Melons ( <i>cut in cubes</i> )
Bananas	Naturally sweetened dry cereal
Bread sticks with cheese or marina sauce	Non-fat cottage cheese ( <i>try adding fruit</i> )
Canned fruit in water	Parfaits with yogurt/gelatin/chopped fruit
Cheese (string cheese, cheese squares)	Quesadillas ( <i>cheese, peanut butter, nutella</i> )
Cheese crackers	Peanut butter or fruit spread with crackers
Cheese quesadillas	Pears
Chex mix	Pita bread with lean sliced meat and cheese
Cracker stackers ( <i>lunch meat, cheeses, and veggies to build sandwiches</i> )	Pizza
Crackers: <i>Graham crackers, saltines, ritz crackers, animal crackers, whole wheat, whole grain crackers (Great with dips, spreads, cheeses)</i>	Popcorn
Dates and squash	Popcorn ( <i>while hot add parmesan cheese, cinnamon sugar, or seasoned salt</i> )
Dried fruit	Pretzel rods with dip ( <i>cheese, ranch dressing, yogurt, bean dip, mustard</i> )
Dry roasted soy beans	Raisins
Edamame	Pretzels ( <i>try whole wheat or soft pretzels too!</i> )
Whole grain fig newtons	Pumpkin seeds
Flavored rice cakes	Quick breads <i>made with carrots, zucchini, pumpkin, bananas</i>
Fortune cookies	Rice cakes
Fresh fruit ( <i>please cut into cubes 1/4 inch or smaller.</i> )	Sesame breadsticks
Fruit & yogurt parfaits ( <i>layer cut fresh fruit with yogurt and granola</i> )	Snack mix ( <i>Toss together whole grain cereal, popcorn, banana chips, nuts, pretzels, raisins</i> )
Fruit kebobs	Vegetables ( <i>with dips, cottage cheese, humus</i> )
Fruit Leather	Tortilla chips with bean dip or salsa
Gelatin with canned or fresh fruit	Trail mix ( <i>Mix dry cereal, nuts, pretzels, cheese crackers, raisins, goldfish</i> )
Graham crackers	Veggie chips
	Whole grain bread with fruit spread
	Yogurt ( <i>gogurt, yogos, etc...don't forget spoons!</i> )

Thank you for your cooperation.

Child's Name

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Parents Name

Parents Signature