

**Midmorning Snacks and Birthday/Event Treats**  
**Suggestions/Selections**

As a result of the Child Nutrition Mandate that was put into affect September, 2006 we are providing you with suggestions when choosing the snacks your child brings to school for their midmorning break and/or ideas for birthday or other event treats. **Please be mindful of other children with specific food allergies in your child's classroom!**

**Birthday/Event Treats - Many of these would be acceptable for a midmorning snack.**

- |                                |                                    |                 |
|--------------------------------|------------------------------------|-----------------|
| - ice cream cups               | - unsweetened fruit cups           | - go gurts      |
| - cheese and cracker plate     | - graham crackers (whole grain)    | - trail mix     |
| - lo-fat mini muffins          | - mini bagels, cream cheese        | - popcorn plain |
| - fruit kabobs/fresh fruit     | - unsweetened mandarin orange cups | - string cheese |
| - mini moos - cheddar sticks   | - bread sticks                     | - pudding cups  |
| - frozen yogurt or juice bars  | - raw veggies/lo-fat dip           | - clementines   |
| - apple slices with yogurt dip | - raisins, craisins, dried apples  | - granola       |
| - sherbet push-ups             | - unsweetened apple sauce cups     | - pretzel rods  |
| - baked snack mixes            | - caramel corn rice cakes          | - banana chips  |
| - granola crunch bar (kashi)   | - yogurt cups                      |                 |

***When only cookies, cupcakes, candy will do -Be mindful of PORTION size!***

Donut holes vs. donuts, mini-cupcakes vs. regular size, 1 or 2 pre-packaged sandwich cookies vs. bakery size cookies, snack size/fun size candy bar vs. the standard size, small slices of snack cake without frosting...

***Non-food Birthday treat - Generate ideas with your child's classroom teacher.***

- |                            |                              |                |
|----------------------------|------------------------------|----------------|
| - a book for the classroom | - a fish for the fish tank   | - pencil grips |
| - a special pencil         | - an eraser top for a pencil | - board game   |
| - soil and seeds to plant  | - playground ball            | - stickers     |

Created 1/20/07 - Student Nutrition Team in response to Federal Legislation, the 2004 Child Nutrition Act

Thank you for your consideration in this matter!

The Rossman Staff