

# Party Food Suggestions

## EAGLE ELEMENTARY



Please check with your classroom teacher prior to planning food in order to find out if there are any students with food sensitivities of which you need to be aware.

### **Mini (or full size) Bagel Party**

Mini bagels seem to work the best for the younger students. Mini-bagels are available in a lot of flavors (whole wheat is the healthiest) like blueberry, cinnamon, etc. Cream cheese flavors, as well as peanut butter for those of you who don't have peanut allergic kids in your classes, are awesome for letting the kids spread on the bagels. Sliced fruit can be used to "decorate" the tops of the bagels. Sliced strawberries, raspberries, blueberries, kiwis, oranges (for smiles) work well.

### **Cereal Party**

There are many healthy cereals available. It is important to note the sugar content of the cereals. The first ingredient may **NOT** be sugar **and** there must be at least 5% of the recommended daily intake value for one of the following nutrients: vitamin A, vitamin C, calcium, iron, protein, fiber, niacin, riboflavin, or thiamin. If you have lactose-intolerant kids, Rice Milk is widely available so you can make a milk alternative available.

### **Yogurt Sundae Party**

There are lots of yogurts available in large containers in flavors like vanilla, plain and strawberry. Every kid gets a bowl and a "scoop" of yogurt. The toppings available could be granola, fruit, nuts (depending on allergies) and coconut.

### **English Muffin Party**

This can be along the lines of the bagel party, but you will need a toaster. All sorts of fruit spreads are perfect and you can also use peanut butter (if there are no allergic kids) and toppings like chopped nuts or chopped dried fruit.

### **Waffle Party**

Bring your waffle maker and mix up some waffle batter in the classroom. Let the kids top waffles with fruit toppings.

### **Fruit Kabobs**

Cut up fruit and have a plate available at every group of students. Use mini pretzel sticks as kabob skewers. Give the kids patterns (A B A, A B B A) and let them choose fruit to put on the kabob in that pattern.

### **Cheese Kabobs**

Cheese cubes can be stuck with mini pretzel sticks instead of toothpicks for a completely edible snack.

### **Beverages**

Healthy beverages include water, milk and 100% fruit juice (with no added sweeteners). Please use light colored fruit juices (**NO** purple grape juice) to avoid staining clothes and carpet. **AS ALWAYS – no red drinks.**

### **Other Healthy Treats**

Cheese	Chex Mix	Dried and fresh fruits
Fig Newtons	Frozen fruit bars	Granola or cereal bars
Popcorn	Pretzels	Rice cakes
Rice Krispie Treats	Vegetables and dip	

### **Unapproved Treats**

The following may NOT be served or sent home in treat bags:

Candy	Candy coated popcorn	Carbonated beverages
Chewing gum	Fondant	Jellies and gummies
Licorice	Marshmallow candies	Spun candy

If you have any additional questions regarding the appropriateness of a party food, please contact the Room Parent Committee Chairperson.