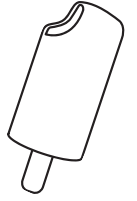




Birthday Snacks



Children's birthdays are special! When special days are celebrated with "good foods" it in turn makes good foods "special"!

If you would like to send a birthday snack to share with the class, please coordinate plans with your child's morning teacher beforehand. We discourage large amounts of sugar and try to keep our celebration snacks within the "healthful" category. Please do not send cake, cupcakes, or other treats with icing on them.

NO NUTS, NUT BUTTERS, ICING, POPCORN, UNCUT GRAPES, or CANDLES PLEASE.

Please send snacks to school with the child during morning arrival to avoid schedule interruptions.

Birthday snacks are completely optional. Another special birthday tradition some children have chosen in the past is to donate a special book to their classroom in honor of their birthday-- this book is marked with the child's name and his/her birth date and read aloud to the class then placed in the classroom library.

Birthday Snack Suggestions



- Fruit & yogurt parfaits
- Graham crackers
- Chocolate-dipped strawberries
- Muffins or breads (banana, pumpkin, etc.)
- Dried fruit (raisins, apricots, prunes, etc)
- Turkey & Cheese Rollups

- Squeezable yogurt or apple sauce
- Animal crackers
- Fruit & cheese kabobs
- 100% fruit popsicles
- Oatmeal cookies
- String cheese or cheese cubes
- Apples with honey



Please return the bottom of this form to your child's teacher at least 1 day prior to the celebration.

Child's Name

Date of celebration

Snack being provided