

## **WILL COUNTY SCHOOL DISTRICT 92**

### *Healthful Food and Beverage Options for School Functions*

Updated May 9, 2014

At any school function (parties, celebrations, meetings, etc.), healthful food options are to be made available to promote student, staff and community wellness. The following list of nutritious food and beverages are consistent with the Dietary Guidelines for Americans and are the preferred food and beverages allowed at school parties, to be sent to school for student celebrations. All other foods must be approved before being brought into the school.

*All foods and beverages are to comply with the federal, state and local food safety and sanitation regulations. In order to comply with these regulations, all foods and beverages are to be purchased as "packaged" through an outside vendor. Due to the significant number of students with allergies, foods prepared in the home may result in cross-contamination and are forbidden.*

- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, tangelos, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, pears, bananas, mangos, apples, with lowfat dip etc.
- Fruit salad
- Cereal and low-fat milk
- 100% fruit or vegetable juice
- Frozen fruit pops with fruit juice or fruit as the first ingredient
- Dried fruits – raisins, cranberries, apples, apricots
- Single serving applesauce or canned fruit in juice
- Fruit smoothies made with fat-free or low-fat milk
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Pretzels (Rold Gold) or reduced fat crackers (ie. Wheat Thins, etc.)
- Baked chips with salsa or low-fat dip (ranch, onion, bean, etc.)
- Mini bagels with whipped light or fat-free cream cheese
- Pasta salad
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt & fruit parfaits
- Fat-free or low-fat pudding cups
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Flavored soy milk fortified with calcium
- Water
- Animal crackers
- Graham crackers
- Popcorn that meets the guidelines listed in *Attachment A* of the D92 School Wellness Guidelines