

Watervliet City School District

Classroom Celebration Order Form

Our District goal is to offer healthy alternatives for your child's celebration.

Student's Name: _____ **Teacher & Room #:** _____

Date of Celebration: _____ **Time of Celebration:** _____

Item	Choices	# of Items / students	Cost	Total \$
100% Fruit Juice Box	Apple Fruit Juice		x .50	=
Milk	Fat Free Chocolate 1% white		x .50	=
Trix Yogurt	Strawberry & Banana Raspberry Rainbow		x .50	=
String Cheese Stick	Mozzarella Cheddar		x .50	=
TCBY	Frozen Yogurt		x 1.00	=
Multi Grain Muffin	Chocolate Chip		x .50	=
Vegetable Platter w/ Dip (Circle Three)	Celery, Carrots, Red Peppers, Cucumbers, Yellow & Green Zucchini or seasonal vegetables w/ Lite Ranch		x .50	=
Fresh Fruit Platter w/ Dip (Circle Three)	Honeydew, Cantaloupe, Pineapple, Apple Wedges, Orange Wedges or seasonal fruit w/ flavored low fat whip cream		x .50	=
Healthy Choice Chips	Baked Plain Baked BBQ		x .50	=
Healthy Choice Snacks	Smart Food Multi Grain Gold Fish		x .50	=
Healthy Choice Doritos	Nacho Cool Ranch		x .50	=
Total Items =			x .50	=

Orders can be placed in the elementary school cafeteria.

Please place orders two weeks in advance.

Cash or check only; order form must be accompanied with payment.

Celebration napkins & plates (if needed) will be supplied.

**Any questions please contact Darryl Whited, Food Service Manager,
629-3261 or dwhited@vliet.neric.org**

Classroom Celebration Acceptable Healthy Snacks

Serving healthy snacks is important to provide good nutrition for growth and development and supporting lifelong healthy eating habits. Snacks can make positive or negative contributions to kids' diets – depending on the choices offered.

Fruits & Vegetables:

- Fresh, canned (in juice or water) or dried
- Apples, bananas, grapes, kiwi, oranges, plums, strawberries, cantaloupe, melon, berries, etc.
- Raisins or dried fruit
- All-fruit fruit snacks
- Cut up carrots, celery, cucumbers, broccoli, green beans, pea pods, peppers, etc.
- Low-fat dressing or dip

Healthy Grains:

- Whole grains are low in fats and sugars, providing fiber, vitamins and minerals
- Whole grain cereal or cereal bars
- Crackers, baked
- Whole grain granola and granola bars
- Rice cakes
- Pretzels
- Soy crisps

Low-Fat Dairy Foods:

- Cheese (string, cubes, slices, cottage, cream)
- Yogurt or Pudding

Nuts and Trail Mix:

- Almonds, peanuts, mixed nuts, pumpkin seeds, soy nuts, sunflower seeds, etc.
- Trail mix (dried fruit, nuts, cereal)

Beverages:

- Water should be the main drink served with snacks
- Low-Fat and fat-free milk
- Seltzer
- 100% Fruit or Vegetable Juice

Celebration ideas instead of snacks:

- Send a poster board or autograph book which classmates can write a message
- Read your favorite book and hand out bookmarks
- Pass out school supplies, such as erasers, pencils or stickers
- Donate a book, game or supplies to the classroom

9.2016

