

## Recommendations for Birthdays



In keeping with our pledge to provide a full circle of education to the students of **Seacoast Charter School**, we would like to recommend the following healthy food items when providing a snack for Birthdays, as well as recommendations for packing lunches and snacks:

- Fruits: apples, oranges, peaches, pears, bananas, grapes, watermelon, kiwi, cherries, raisins, fruit cups, applesauce and dried fruits
- Veggies: carrots, celery, peppers, cucumbers, cherry tomatoes, grape tomatoes, broccoli (yum add ranch dressing for a dip)
- Other snacks: whole grain crackers, cheese, string cheese, graham crackers, popcorn, pretzels, train mix, granola bars, pita chips, tortilla chips with salsa, yogurt and pudding.
- Drinks: Milk, water or 100% fruit juice

Some other fun ideas for something special:

- Fruit salad or fruit kabobs
- Veggies and dip
- Cheese and crackers
- Popcorn (air popped is best)
- Celery with cream cheese (top with raisins is great too!)
- Yogurt, fruit and granola parfaits
- Mini muffins (no frosting)

**The Staff of Seacoast Charter School**

