

MCPASD Elementary Classroom Snack Guidelines (Non-allergy classrooms only)*** School Year 2015-16

The Middleton-Cross Plains Area School District is committed to providing school environments that promote and protect student health, well-being and ability to learn by supporting healthy eating. Elementary classrooms may participate in a morning snack paired with milk to provide the food some students may need between breakfast and lunch. These guidelines have been developed by educators and health professionals to aid parents in making choices to contribute to their student's learning readiness.

Utilize these guidelines to provide appropriate classroom snacks from home:

- Snacks should be small to insure your student has an appetite for lunch
- All snacks must contain *not more than* 30% of calories per serving from fat and *less than* 10% calories per serving from saturated fat; avoid all foods that list trans fats as part of the saturated fat content
- Milk (8 oz carton) generally provides between 90 and 130 calories plus calcium, protein and Vitamin D
- Whole grains are always preferable to refined flours. Choose products with "whole wheat" or "whole corn flour" listed as the first ingredient
- Products that list sugar, cane sugar, beet sugars, dextrose, corn syrup or high fructose corn syrup in the first three to five ingredients is generally not a nutritious choice for students during their learning day. However, there may be exceptions like low-fat flavored yogurt. The goal is a healthy choice to fuel your student's learning day
- To provide the best choice for your students, provide either fresh or dried fruit or fruit canned in juice



Recommended & Acceptable Examples of Classroom Snacks **to help students learn better**

Fresh, dried or canned (juice packed) fruit
Fresh vegetables
Granola or Granola Bars
Low-fat yogurt products or string cheese
Whole grain cereal – reduced sugar only
Hummus or other bean dips

100% fruit juice
Trail Mix without candy added
Popcorn – air popped
Low Fat Mini Muffins – 2 ounces or less
Nut or seed butters (non-allergy rooms, only!)
Pretzels, Crackers or Bagels – whole grain, please

***These Classroom Snack examples will not help your student learn and are not accepted at school-
Please do not send:***

Candy, Candy Bars or Caramel Popcorn
Sweetened Cereal – Sugar will appear among the first three to five ingredients on the label
Cake, Cupcakes, Doughnuts, Cookies, Bars or Brownies
Frosted or crème filled snacks or crackers
Any soda pop or sweetened beverages including sweetened fruit juices
Butter or oil popped popcorn

Classroom Holiday and Birthday Treats!!!

Healthy choices are encouraged for party and birthday celebrations. Store bought cupcakes and cake are not acceptable due to their sugar and fat content including high levels of trans fats. *Treats provided from home must have an ingredient list to insure safety for all students within the classroom.* Use the list of recommended snacks to create a party atmosphere with healthy potential. You could also consider Lunch Celebration Treats which are available from Lunch Express. These treats all meet or exceed the guidelines listed above. Forms are available in your school office and online.

*****PLEASE be aware of food allergies & health conditions in your child's classroom:** The guidelines above are for classrooms *without* student food allergies or other health conditions. If your student is enrolled in a classroom with allergy or health concerns, separate information tailored to those student needs will be available and will be distributed through your classroom teacher.