



Manhattan Beach
Unified School District

Guide to Food in the Classroom

School celebrations are fun and provide a chance to reinforce the message that nutritious food choices lead to healthier bodies and sharper minds. In accordance with the Wellness Policy (BP 5030), adopted by the Board of Trustees (as required by Title 42, USC Section 1751), the Board shall adopt guidelines for foods available at school. The following guide must be followed by all schools with regard to food in the classroom.

Classroom parties should be simple events coordinated by the room parent and the teacher. In addition to healthy foods and activities, only one treat type food (cookies, cupcakes, ice cream) is allowed to be served. Due to the uncertainty of their contents, homemade treats are not allowed. Activities such as board games, craft projects, dance parties, philanthropic projects, and treasure hunts could be organized instead of focusing parties solely around food. District guidelines allow only two parties per year.

Explore options beyond food when planning a classroom party and giving student rewards. For example, treat your students to:

- Social rewards
- Recognition programs
- Student privileges
- Outdoor activities
- Classroom games
- School supplies
- Sports equipment

*Pay attention to serving sizes.
Ask children to take ONE
serving of each snack or
beverage.*

Suggested Foods for Classroom Activities

- Low-fat milk/flavored milk
- 100% fruit juice/water
- Fresh fruit assortment with low-fat fruit dip (see recipe)
- Fruit and cheese kabobs
- Vegetable tray and dip (see recipe)
- Cheese-cubes and string cheese
- Fat-free popcorn
- Angel food cake with unsweetened fruit
- Graham crackers
- Low-fat pudding
- Yogurt parfaits (see recipe)
- Quesadillas with salsa
- Low sugar breakfast or granola bars
- Trail/cereal mixes
- Animal crackers
- Fig Newtons
- Snack cake squares w/o icing or topped with reduced-fat whipped topping

Low-Fat Vegetable Dip

1 cup low-fat yogurt
Choose from these seasonings:
Ranch: 2 Tb. Dry dressing mix
Onion: 2 Tb. Dry onion soup mix
Garlic: ½ teaspoon powdered garlic
Parmesan: 2-4 Tb. Grated cheese

Mix all ingredients together and chill for 1 hour to let flavors blend. Serve with fresh vegetables

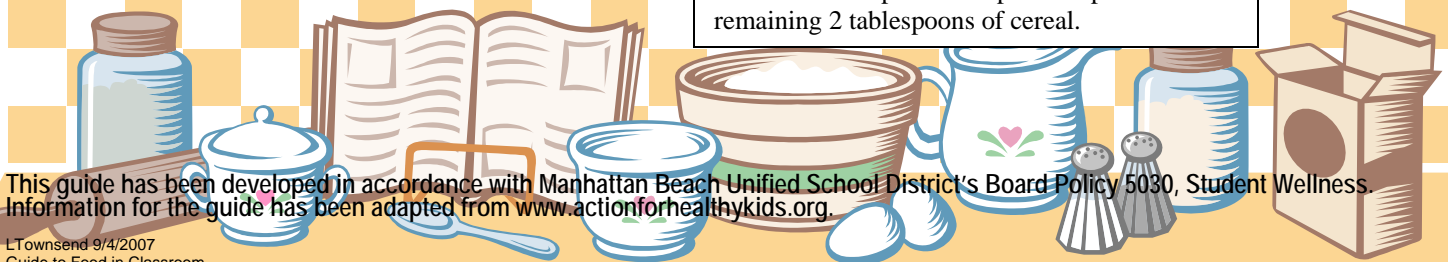
Easy Low-Fat Fruit Dip

½ cup vanilla low-fat yogurt
1 teaspoon honey
¼ teaspoon cinnamon
¼ teaspoon nutmeg
Mix ingredients together until blended. Serve with fresh fruit!

Fruit and Yogurt Parfait

1 cup low-fat vanilla yogurt
½ cup crunchy low-fat cereal or granola
½ cup slice fresh fruit (strawberries, blueberries, pineapple, etc.) or unsweetened canned fruit

To assemble parfait, begin with yogurt in the bottom of a clear plastic cup. Add 2 tablespoons cereal and ¼ cup fruit. Repeat. Top with remaining 2 tablespoons of cereal.



This guide has been developed in accordance with Manhattan Beach Unified School District's Board Policy 5030, Student Wellness. Information for the guide has been adapted from www.actionforhealthykids.org.