

Bringing Treats to Class:

As a school, one of our goals is to promote healthy life style by encouraging healthy eating habits. We do not allow pizza, cakes, cupcakes, donuts, candy, brownies, chips, and soda pops to be brought as treat to the classrooms. Celebrating students' achievement is important but students can only bring healthy choices as treats to class. Some of the options are as follows:

- Granola or cereal bars
- Yogurt (non gelatin base)
- Fruit cups
- Fruit base snacks (non gelatin base).
- Cut up fresh fruits
- Chex mix or pretzels
- 100% fruit juice box
- Cut up vegetables
- Cheese strings
- Dry fruits mix
- Unsalted peanuts
- Almonds, walnuts or pecans
- Raisins
- Low fat crackers
- Low fat popcorn
- Cheese crackers
- Rice cakes
- Baked chips
- Any other combination of healthy choices