



Fresh Fruit and Vegetables

At least One fruit and/or One vegetable is recommended at the party. Ideas are:

- **Fruit Kabobs:** Thread a variety of fruits such as watermelon, cantaloupe, honeydew, oranges, apple slices, strawberries, bananas, kiwi, etc. on wooden skewer.
- **Snack Tree:** Get a styrofoam cone and decorate paper and bite-size cauliflower, green pepper, cherry tomatoes, grapes, apple, cheese, etc. Cover styrofoam cone with decorative paper to match the theme of the occasion and place bite-size veggies, fruit, and cheese on toothpicks. Push toothpicks into styrofoam cone and serve with low-fat dip.

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT

MISSION STATEMENT

The mission of the Placentia-Yorba Linda Unified School District Student Nutrition Advisory Council (SNAC) is to provide quality nutrition education guidance designed to enhance our students' wellness and lifelong ability to make choices that will have a positive impact on academic achievement and healthy life styles.

Food Services (714) 985-8610

PLACENTIA-YORBA LINDA UNIFIED SCHOOL DISTRICT

Wellness Wagon

Jump on board the Wellness Wagon with your classroom parties and fundraising events. The Placentia-Yorba Linda Unified School District has adopted a Wellness Policy for the educational investment in our youth... that is... their health and wellbeing! With your support a classroom party can be fun and also instrumental in encouraging healthy eating habits that will support life long learning.





Snack Ideas

- ✚ **Breakfast Bars:** Nutrigrain cereal bars, Breakfast Bar Reduced Sugar Apple Crisp and Strawberry, Breakfast Bites Apple Crisp and Strawberry, Chewy Chocolate Chip, Chewy Reduced Sugar Chocolate Chip, Nature Valley bars.
- ✚ **Dairy:** Low fat string cheese, cheese kabobs (cheese cubes threaded on thin pretzels), Yoplait Nouriche light yogurt.
- ✚ **Chips:** Rold Gold Classic Tiny Twist 1 oz, Baked Cheetos Crunchy , Baked Cheetos Crunchy Flamin' Hot, Baked Doritos Nacho Cheesier, Baked KC Masterpiece BBQ, Baked Lay's Original Potato Chips, Kids Munchies Mix, Reduced Fat Doritos Nacho/Ranch, Fantastix Original 1 oz, Fantastix Chili Cheese, Quaker Snack Mix, Reduced Fat Keebler Wheatables.
- ✚ **Other:** Obertos Beef Jerky Hickory and Teriyaki, Craisins trail mix, Corn Nuts (1.7 oz packs), Multigrain rice cakes, Air-popped popcorn, Honey Maid graham crackers, sunflower seeds, Blue Diamond Almonds.



Food Guidelines:

- 35% or less of its total calories from fat
- 10% or less of its total calories from saturated fat
- 35% or less of its total calories from sugar by weight
- Beverages must be milk, water, or juice that is at least 50% fruit juice with no added sweeteners

Portion Sizes help meet nutritional guidelines:

- 1 $\frac{1}{4}$ oz. chips, crackers, popcorn, cereal, or jerky
- 2 $\frac{1}{2}$ oz. for trail mix, seeds, or dried fruit
- 2 oz. for cookies and cereal bars
- 3 oz. for bakery items
- 3 fluid oz. for frozen desserts
- 12 oz. for drinks (4 oz. for juice)

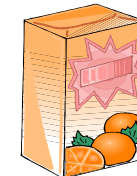
Please be sensitive to any special dietary needs students may have such as peanut allergies.

Entrees Suggestions: Pizza parties
Pizza from the District approved vendor has met the nutritional guidelines and may be ordered through the Food Service Office at 985-8610.



Need a beverage to go with that snack?

Nonfat, 1%, or soy milk, V8 juice, 100% fruit juices such as Motts, Langers, Treetop, Ocean Spray and Tropicana, water with natural flavors, Powerade, and Hanson's natural junior juice.



* Brands of food and beverage items are not considered product endorsement.