

MCPASD Classroom Snack Guidelines (Non-allergy classrooms only)***

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 or afternoon snack paired with milk to provide the food some students may need between meals. These guidelines have been developed by educators and health professionals to aid parents/guardians 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 ensure 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 ingredients are generally not a nutritious choice for students. However, there may be exceptions like 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.



Acceptable examples of classroom snacks to help students learn better

Fresh, Dried, or Canned (juice packed) Fruit
Fresh Vegetables
Granola or Granola Bars
Yogurt
Whole Grain Cereal – reduced sugar only

Trail Mix without candy
Popcorn – air popped
String Cheese
Pretzels, Crackers, or Bagels – whole grain
Hummus or Bean Dips

These classroom snack examples will not help your student learn – please do not send these

Candy, Candy Bars, or Caramel Popcorn
Sweetened Cereal – sugar will appear among the first three ingredients on the label
Cake, Cupcakes, Doughnuts, Bars, or Brownies
Frosted or cream filled snacks or crackers
Any soda pop or sweetened beverages including sweetened fruit juices

Classroom Holiday and Birthday Treats

Healthy choices are encouraged for party and birthday celebrations. Cupcakes and cake are not acceptable due to their sugar and fat content including high levels of trans fats. Use the list of recommended snacks to create a party atmosphere that's healthy. You could also consider celebration treats which are available from Nutrition Services. These treats all meet or exceed the guidelines listed above. Forms are available online at goo.gl/CVCLi6.

We also strongly encourage non food items for birthday and holiday celebrations. Non Food items that your child could share with classmates are colorful pencils, stickers, bookmarks or erasers. Ask the classroom teacher if your child could bring their favorite book to school and have it read to their classmates in honor of their birthday or if they could bring their favorite board game to play.

*****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.