

Healthy Foods for Class Parties

Fruits, Veggies, Grains and Nuts:

- Seasonal fresh fruits served whole or cut up:
 - small apples, clementines/oranges, bananas, grapes, small pears, watermelon slices
- Chopped raw vegetables likes carrots, celery, grape tomatoes, broccoli, cauliflower, sugar snap peas... served with hummus
- *Celery boats with nut butter or hummus
- Dried fruits (raisins, apricots, etc.)
- Applesauce or other fresh fruit cups (no added sugar)
- Fresh soybeans (edamame)
- Chunks of avocado, cucumber, or cooked sweet potato
- Mashed avocado dip
- Whole grain breadsticks or pita chips with hummus
- Popcorn (no or limited butter and cheese)
- Baked tortilla chips with bean dip or mild salsa
- Whole grain soft tortillas with bean dip or mild salsa
- Cheerios, granola, or other whole grain, low-sugar cereal
- Whole grain crackers with fruit spread
- Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with nut butter*
- Apple slices with nut butter*
- *Nuts, especially mixed with dried fruit

Meat-free / Dairy-free / Egg-free suggestions:

- Soy or coconut yogurt
- Homemade vegan muffins or cornbread
- Bite-sized tofu cubes

Beverages

- Plain water
- Sparkling water with lemon/lime wedges
- Individual boxes of soymilk, *hazelnut milk, rice milk

** Do not serve to students with nut allergies*