

Celebrations

Class parties and birthdays are fun opportunities to celebrate. At Alice King Community School, we want our celebrations to be healthy. Teachers at our school have a variety of ways to celebrate that do not always include food. Singing, dancing, games, and crafts are all ways to have fun. In addition, the following ideas have been a lot of fun:

Donate a book to the classroom in honor of your child's birthday. Put this or her inside on the title page as "Donated by _____".



Have your child bring his or her favorite book to share and the teacher or child will read it to the class.



Donate a ball or jump rope (new or used) to the classroom for recess.



Provide each child in the class with a special pencil, eraser, stickers or other small item in honor of your child's birthday.

Sing or play a favorite song or musical piece for the class.



Talk with your child's teacher about arranging a special presentation, project, craft, book extension, or activity.



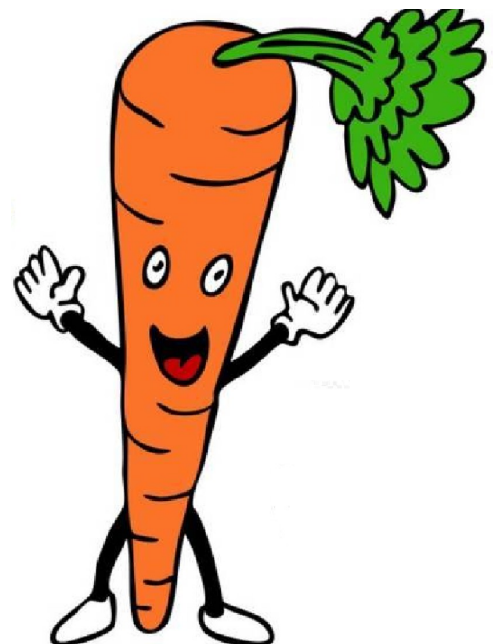
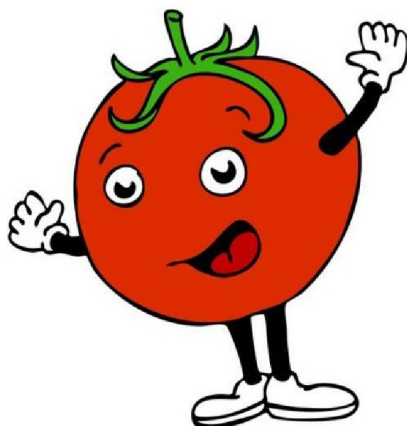
When food is offered to our children we follow guidelines to make sure our children's health is protected:

Baked /cooked snacks with multi-ingredients must be commercially prepared with the ingredients listed. Fresh foods can be washed and cut up and used to construct recipes such as fruit salad.

Snacks must be nutritious and cannot be overly sugary. Please do not bring candies or frosted cakes, cookies or "gummy" snacks.

Please check our A to Z Party Food List and talk with your child's teacher when planning snacks!

- A Apples, Apricots, Applesauce, Ants on a log
- B Bananas, Berries, Broccoli, Bell Peppers, Breads, Bran muffins
- C Celery, Cheerios, Cucumber slices, Carrot sticks, Cheese and Crackers, Cherry tomatoes, Chex Mix, Cantaloupe pieces, Cottage Cheese, Cream Cheese on a bagel
- D Deviled eggs, Dill pickles, Dried fruit chips, Dates, Deviled ham, Dirty rice
- E Eggroll, Enchiladas, Eggs (hardboiled, sliced), English muffin
- F Fruit, Fish crackers, Figs, Fish sticks, Fish tacos
- G Goldfish crackers, Grapes, Graham crackers, Gingerbread, Green beans
- H Hot dogs, Ham salad sandwiches, Hummus and tortilla pieces
- I Iced juice, Ice pops, Iceberg lettuce (wraps or with dip)
- J Jello Jigglers, Jam and bread, Juice, Jack cheese



- K Kiwi, Kettle corn, Kix cereal, Kale chips (these really exist—you can get them at Whole Foods..
- L Lemonade, Lunchables, Lemon ice pops
- M Mandarin Oranges, Melons, Mac and cheese, Muffins, Milk, Mangos, Meatballs,
- N Nuts, Nachos, Nibblers (half ears of corn), noodles
- O Oranges, Oatmeal bars, Olive bites (Olives with a square of cheese), Onion rings
- P Peanut butter crackers, Popcorn, Pretzels, Pineapple chunks, Pita bread, Pizza, Pudding
- Q Quesadillas
- R Raisins, Rice pudding, Raspberries, Rainbow salad (different color fruits) , fried Rice
- S Strawberries, Sopapillas, String cheese, Sandwiches
- T Tortillas, Toast, Trail mix
- U Ugli fruit, Umbrella biscuits (Cut in half circle with a pretzel stick for the handle)
- V Vegetable tray, vegetable soup, Vienna sausages, Vanilla pudding
- W Watermelon, walnuts, wafers
- X Xylocarp (a fruit similar to a coconut..), Xigua (a fruit similar to a watermelon..)
- Y Yogurt, Yellow (vanilla or lemon) pudding
- Z Zucchini bread, Zwieback toast

