

Happy Healthy Birthday!!

In an effort to help create a healthy school family, the Faculty, Staff, and School Wellness Team are asking all Holy Cross families to celebrate student birthdays by bringing in a healthy snack for their classroom friends.

Please check with your student's homeroom teacher for any further guidance about birthday celebrations in their particular classroom.

Ideas for Healthy, Happy Birthday Snacks

Remember - no peanuts please

- Pretzels & Cheese Cubes
- Fruit Cups
- Go-Gurts, Yogurt Cups & Granola
- Fresh Fruit
- Fresh Veggies (ranch too!)
- Apples & Caramel Dip
- Ice Cream Cup (low fat)
- Frozen Yogurt Cup
- 100% Juice Popsicles
- Popcorn
- String Cheese
- Chips & Salsa
- Granola Bars (and there are some delicious granola bars out there!)
- Trail Mix
- 100% Fruit Fruit Snacks
- Applesauce
- Hummus & Chips
- Baked Chips
- Pop Chips

Ideas for Healthy, Happy Birthday Non-Food Snacks

- Stickers
- Pencils
- Donate a book to the school library in honor of your birthday student
- Small toys like a stretchy animal, small bouncy ball, plastic stamps
- Fun erasers
- Temporary tattoos
- Donate a game for the homeroom classroom (indoor recess)