



1412 S. Beltline Road  
 Mesquite, Texas 75149  
 972-285-6895  
 Fax 972-285-7647  
 www.meadowoaksacademy.com

## Birthday Snack Policy

Dear Parents,

Several parents have approached me recently asking several questions concerning birthday parties. At Meadow Oaks Academy we recognize that birthdays are a special day for our students. However, we must also ensure that party celebrations do not disrupt the academic process. Additionally, we want to ensure that the parties adhere to our Sugar-Free school policy that recognizes the importance of wellness and good nutrition in the overall health of our students. The school and our staff are responsible for positively influencing student beliefs and habits in these areas.

Parents, we currently average 8 birthday parties a week. In order to ensure minimum disruption to academia these parties are only permitted on Friday after 2:30 pm for elementary grades and Mon-Fri after 2:30 pm for preschool. Also, because of sheer number of parties, I request you to not bring in cupcakes or cakes or any other sugar snack, for your child's birthday. If you want to bring a special snack that do not adhere to school Sugar-Free policy, please bring it in a goodie bag and it will be sent home at the end of the day. If you are looking for ideas on what to bring for these parties, I am attaching a list of recommended snacks below.

***The following is a list of recommended snacks:***

<p>Ants on a log (<i>celery with peanut butter or cream cheese and raisins</i>)          Apple          Applesauce (<i>individual servings with spoons</i>)          Apricots          Carrots with dip          Bagels with various cream cheese spread or peanut butter          Baked whole grain goldfish          Peanut butter and banana sandwiches          Bananas          Bread sticks with cheese or marina sauce          Canned fruit in water          Cheese (string cheese, cheese squares)          Cheese crackers          Cheese quesadillas          Chex mix          Cracker stackers (<i>lunch meat, cheeses, and veggies to build sandwiches</i>)          Crackers: <i>Graham crackers, saltines, ritz crackers, animal crackers, whole wheat, whole grain crackers (Great with dips, spreads, cheeses)</i>          Dates and squash          Dried fruit          Dry roasted soy beans          Edamame          Whole grain fig newtons          Flavored rice cakes          Fortune cookies          Fresh fruit (<i>please cut into cubes 1/4 inch or smaller</i>)          Fruit &amp; yogurt parfaits (<i>layer cut fresh fruit with yogurt and granola</i>)          Fruit kebobs          Fruit Leather          Gelatin with canned or fresh fruit          Graham crackers</p>	<p>Grapes          Hard boiled eggs          Honey roasted cashews or almonds          Jello jigglers          Kabobs made with combinations of cheese, fruit, veggies, lunch meat          Lean cuts of turkey, ham, pepperoni, etc          Mandarin oranges or peaches          Melons (<i>cut in cubes</i>)          Naturally sweetened dry cereal          Non-fat cottage cheese (<i>try adding fruit</i>)          Parfaits with yogurt/gelatin/chopped fruit          Quesadillas (<i>cheese, peanut butter, nutella</i>)          Peanut butter or fruit spread with crackers          Pears          Pita bread with lean sliced meat and cheese          Pizza          Popcorn          Popcorn (<i>while hot add parmesan cheese, cinnamon sugar, or seasoned salt</i>)          Pretzel rods with dip (<i>cheese, ranch dressing, yogurt, bean dip, mustard</i>)          Raisins          Pretzels (<i>try whole wheat or soft pretzels too!</i>)          Pumpkin seeds          Quick breads made with carrots, zucchini, pumpkin, bananas          Rice cakes          Sesame breadsticks          Snack mix (<i>Toss together whole grain cereal, popcorn, banana chips, nuts, pretzels, raisins</i>)          Vegetables (<i>with dips, cottage cheese, humus</i>)          Tortilla chips with bean dip or salsa          Trail mix (<i>Mix dry cereal, nuts, pretzels, cheese crackers, raisins, goldfish</i>)          Veggie chips          Whole grain bread with fruit spread          Yogurt (<i>gogurt, yogos, etc...don't forget spoons!</i>)</p>
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If you have any questions regarding the school's classroom party/birthday celebration policy, please contact us or at 9722856895.

Regards,

*Shubham Pandey*