

Suggested Snacks...

Classroom Celebration Ideas

Always check with the teacher or school office prior to bringing any food items.

Preferred snack items:

- Baked Chips
- Bakery items (ie. low-fat muffins, bagels)
- Canned fruits (in water)
- Cheese
- Crackers (Goldfish or others)
- Dried fruits (including raisins)
- Fresh fruits
- Fresh vegetables
- Frozen juice or fruit bars (100% juice)
- Graham crackers
- Nuts, seeds (consider allergies)
- Peanut butter (consider allergies)
- Popcorn
- Pretzels
- Trail mix without candy (consider allergies)
- Yogurt (low-fat, or yogurt covered raisins)

Allowable Food Guidelines:

- Not more than 35% of calories from fat
- Not more than 10% of calories from saturated fat
- Not more than 35% sugar by weight
- Not more than 175 calories for elementary students
- Not more than 250 calories for middle school students

Acceptable School Beverages:

- Drinking water- no added sweetener
- Fruit or vegetable-based drinks; not less than 50% fruit or vegetable juice & NO added sweetener
- Milk 2%, 1%, Nonfat, soy, rice, & nondairy milk
- Electrolyte replacement drink (middle school only)

Always check with the classroom teacher prior to bringing any items.

- Child's choice for a fun game or classroom activity
- Outdoor games
- Coloring books
- Crayons or colored pencils
- Large balls for games (no tiny rubber balls)
- Coupons for items at the school store
- Coupons for a la cart items (middle school)
- Books or school supplies
- Fun pencils, notepads, rulers, or stickers
- Donate a book to the school library in your child's name
- Additional ideas from parents, staff, and students

(In effort to maximize instructional time, the district has limited individual classroom celebrations to 3 per year.)



Wellness Policy & Guidelines

Bonsall Unified School District recognizes the link between student health and learning and is committed to providing a school environment that promotes student wellness, proper nutrition, nutrition education, and regular physical activity for all district students.



31505 Old River Road
Bonsall, CA 92003
(760) 631-5200

www.bonsallusd.com



This institution is an equal opportunity provider (USDOE).



Bonsall

UNIFIED SCHOOL DISTRICT

FOOD EVENT REQUEST/Bonsall Elementary School

(for all events where food will be served)

Part A

Event Name: _____

Contact Name: _____

Event Date: _____

Event Time: _____

Phone # of contact person: _____

Room #: _____

Teacher Name: _____

List type of food to be provided (please refer to California/BUSD Nutritional Guidelines ON BACK):

Attach food nutritional label here:

PART B

Contact Signature: _____ Date: _____

Administrator Signature: _____ Date: _____

PLEASE LEAVE THIS COMPLETED FORM WITH YOUR SCHOOL OFFICE, **5 DAYS PRIOR** TO THE EVENT DAY.

Thank you for following the guidelines of our District's *Health & Wellness Policy*. Please visit www.bonsallusd.com for a copy of the wellness policy and brochure.