

Fun Food Ideas for Classroom Parties

Incorporate nutritious and delicious foods and drinks at classroom parties. It's easy and economical - just remember to:

- Include at least two to three food groups in your party menu.
- Include foods that supply key nutrients and go along with your theme.
- Go easy on the foods from the tip of the Food Guide Pyramid.

BACK TO SCHOOL

Try these to teach breakfast and snack ideas:

- Build your own yogurt parfait(yogurt, granola, fresh/frozen fruit).
- Yogurt and/or fruit smoothies
- Make your own trail mix (assorted whole grain cereals, dried fruit, peanuts, and Teddy Grahams).

FALL

Consider fall colors and fall produce:

- Red & green apple slices with assorted dips (chocolate, caramel, peanut butter)
- Pumpkin bread and apple cider.
- Raw veggies and dip with cheese cubes

WINTER

Enjoy festive holiday and Hawaiian treats:

- Oatmeal/white chocolate & Craisin cookie with cold milk
- Chocolate covered strawberries for valentines day
- Plan a pizza party with your School Food Service Program

SPRING

Eat all the colors of the rainbow and enjoy fresh produce:

- Pyramid Faces (Decorate a slice of bread with peanut/butter or cream cheese and assorted fruits, veggies, nuts, etc.)
- Work with your School Food Service Program to have tasting party of fruits (kiwi, star fruit, etc).
- Dirt Cups (pudding with a gummy worm inside it. Serve with sliced fruit

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