

Suggestions for Healthy Birthday Treats to Send to School



Fruit skewers

Large juicy strawberries (or a fun fruit tray)

Popcorn in festive bags

Soft pretzels (or nuggets)

Oatmeal cookies

Fruit pops or fruit bars

Muffins (blueberry, cranberry, etc...)

Banana bread

Cereal bars or granola bars

Apple and cheese slices

Apple slices with caramel dipping sauce

Homemade trail mix w/cereal: Cheerios, rice and corn chex, Quaker Oatmeal Squares, fruit loops to which you can add pretzel sticks, cheez-its, raisins, etc.....

Low-fat pudding cups

Yogurt covered raisins or yogurt covered pretzels

Jell-o topped with low-fat whipped cream

Homemade low-fat rice krispie treats

Baked tortilla chips with salsa or guacamole

Baked snack bags (potato chips, Doritos, etc.....)

Pretzels with low-fat honey mustard dipping sauce

