



## Northampton Area School District

District Administration Office  
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September 18, 2012

Dear Parent/Guardians/Staff,

As you may know, the Healthy Hunger-Free Kids Act of 2010 has been implemented in public schools across the country. The Northampton Area School District is taking steps to be in compliance with the Act in our cafeterias and classrooms.

This letter is to inform you that the District will be changing its procedures regarding classroom celebrations in our schools. Enclosed is a listing of approved classroom celebration snacks.

In addition to the enclosed list, Aramark, the District's food service provider, has also created a convenient "Birthday Party Package," which consists of a snack, drink, and Birthday Certificate available at \$1.00 per child. The form for the Birthday Package can be found on the District website at [www.nasdschools.org](http://www.nasdschools.org). Click on Parent Resources, then Food Services, then Classroom Parties/Catering to access the Birthday Package Form.

If you have any questions, please contact your school Principal.

Sincerely,

A handwritten signature in black ink, appearing to read "Joseph S. Kovalchik".

Joseph S. Kovalchik  
Superintendent

## Classroom/Team Party Food Guidelines

The following is a guide to be used for all classroom party celebrations in accordance with the District Wellness Policy and Food Allergy Management Policy. These guidelines are for classroom and team parties, or other special events that occur during the year.

The foods represented in these menu lists for school sponsored parties are foods chosen from a variety of resources including the Dietary Guidelines for Americans, the Heart Association, kidshealth.org, the USDA and the Food Guide Pyramid.

Foods chosen for parties must be allergen-free, of nutrient value and be low in fat, sugar and calories. Please note that all food, including fruits and vegetables, need to be store bought and should not be handled and/or prepared prior to the party.

On some occasions ( High School German and Spanish Club events, Cultural Awareness Celebrations) you may be asked to submit a prepared dish. Please see the teacher to determine if they need to provide a recipe or request that you provide your recipe as a guide to ingredients. Please do not substitute food items in the recipes.

**Party menu - Please provide the specified number of items of each category from each of the following groups including vegetables, fruits, grains, dairy and beverages.**

### Vegetables:

Vegetables are great snacks. Trays or bags of pre-cut vegetables can be purchased (remember do not open the packaging prior to the party). With advance notice, many stores will prepare your tray to your specifications. Some kid tested favorites include:

- Red Bell Peppers
- Broccoli
- Grape Tomatoes
- Carrots (sticks or baby)
- Sugar Snap Peas
- Celery Sticks
- Cucumber (sticks or slices)

### Fruits:

Just like vegetables, any fruit makes a great snack. As with the vegetables, many stores will prepare your tray to your specifications including into kabobs or trays. Fruit can also be served alone or with a low-fat yogurt as a dip. The seasons will dictate the best fruit to purchase. Some kid tested favorites include:

- Apples
- Bananas
- Strawberries
- Watermelon
- Cantaloupe
- Grapes
- Pineapple
- Kiwi
- Berries (blueberries, raspberries or blackberries)

- Dried fruits such as raisins, plums or apricots
- Papayas or Mangos
- Frozen Fruit Pops

**Grains:**

Whole grain food products that provide fiber are great snacks. Please bring these items in the original packaging from the store.

- Pretzels
- Pita Slices
- Whole grain reduced sugar breakfast cereals (like Cherrios)
- Bagels
- Crackers such as Triscuits or Wheat Thins or Ritz
- Whole grain bread cut into interesting shapes (served with cheese)
- Plain or Flavored Popcorn
- Rice Cakes
- Oatmeal Bars
- Hummus (flavored or plain)
- Baked Tortilla Chips w/ salsa
- Graham Crackers (regular or bear shaped)
- Goldfish (type) Crackers, any flavor
- Mini Muffins
- Mini Rice Krispie Treats
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**Dairy:**

Low fat cheeses and yogurt are popular menu items with children and are extremely nutrient-rich. Please bring these items in the original packaging from the store.

- Cheese Cubes or Slices
- String Cheese
- Frozen Yogurt Cups or Pops
- Frozen Pudding Pops
- Pudding Cups
- Gogurt

**Beverages:**

Drinks should be provided as part of the menu. Please bring these items in the original packaging from the store.

- Water, only plain; unsweetened, unflavored and noncarbonated
- Fruit Smoothies made with fruit and low- fat milk or yogurt
- Plain or Flavored (chocolate, strawberry or vanilla) Milk
- Juice that is at least 50% Real Fruit Juice

**Other Ideas:**

**Provide if you choose:**

- Trail mix made without nuts
- Aramark's Classroom Party Snacks
  - See District website at [222.nasdschools.org](http://222.nasdschools.org). Click on Parent Resources, then Food Services, then Classroom Parties/Catering
- Please contact the Food Service Department for approval of any items not listed.

**Sample menus ideas for school sponsored parties that occur throughout the school year.**

**Halloween**

- Vegetable tray containing carrot sticks, celery sticks, grape tomatoes, and broccoli
- Apples and grapes
- Pretzels and popcorn
- Pudding cups
- Red juice
- Finger sandwiches cut into bat or pumpkin shapes by the store (check with the teacher about allergy alerts)

**Winter Holiday Party**

- Vegetable tray containing red and green pepper strips, broccoli and baby carrots
- Fruit tray containing pineapple, kiwi, grapes and cantaloupe
- Teddy Grahams and Goldfish Crackers
- String Cheese
- Bottled Water

**Valentine's Day Party**

- Red Pepper Strips, Grape Tomatoes
- Fruit tray containing watermelon, strawberries and red grapes
- Mini Muffins
- Gogurt
- Cherry juice