

Healthy Food that may be served at Desert Sun

Grains

Crackers that are whole grain
Bread, English muffin, bagel, tortillas, waffles, pancake that are whole grain
Whole grain cereal
Graham crackers
Rice cakes
Pretzels whole grain - 4 and up

Legumes

Beans – kidney, black, garbanzo, pinto, white bean, refried beans etc.
Hummus

Fruit - Frozen or Fresh

Apples
Oranges
Bananas
Berries – strawberries, blackberries, raspberries, blueberries)
Peaches
Raisins
Pineapple
Melons – watermelon cantaloupe, honeydew
Exotic fruits – star fruit, mango, papaya, kiwi
Pomegranate
Coconut
Naturally sweetened applesauce
Pears

Vegetables

| | |
|--------------------------|-----------------------------|
| Cucumbers | soybeans |
| Carrots - 4 and up | peas |
| Zucchini/squash | peppers –green, red, yellow |
| Celery 4- and up | |
| Tomatoes | |
| Broccoli | |
| Green beans | |
| Jicama | |
| Spinach | |
| Lettuce | |
| Potatoes/ sweet potatoes | |
| Avocados | |
| Cauliflower | |
| Artichokes | |

Dairy

Whole milk for children 12 to 24 months

1% or 2% milk for all children over two years of age

Plain yogurt

Cheese such as mozzarella, muenster, low fat cheddar or any other cheese

Cottage cheese

Cream cheese (not considered a food group)

Lean Meat and protein

Turkey or chicken slices

Ham for green eggs and ham

Tuna

Eggs – hard boiled, scrambled

Condiments/Extras

Salsa

Dips (plain yogurt, low fat cream cheese,

100% maple syrup

Honey

100% fruit spread- no sugar added

Mustard

Frozen Treats

Must be 100% juice or fruit

Ice Cream should be made with natural ingredients

Snack or Food guidelines

Children 12 months-24 months should be served whole milk

1% low 2% milk or for all children over two years of age

100% fruit juice must be served and no more than one 4 oz. serving per day **Children younger than four cannot be served:**

Hot dogs

Carrots

Whole grapes

Popcorn

Raw peas

Hard pretzels

Special day or Birthday snacks should be your child's favorite healthy food, snack, or special treat. You may bring a treat on this special day. You must tell the teacher at least a week prior to the special snack what you will be bringing. Thank you for following the guidelines.

Please go to ChooseMYPlate.gov for terrific tips

Nut Free Zone