

Rooftop Students need

Healthy Food to Grow Strong Bodies and Brains

Healthy Foods for School:

- Fruit
- Vegetables
- Nuts or Trail mix
- Popcorn
- Rice Cakes
- Whole Grain Crackers
- Yogurt
- String Cheese
- Hardboiled Eggs
- Dried Fruit
- Applesauce
- Water



Unhealthy Foods NOT for School:

- Candy
- Cookies
- Cupcakes
- Chips
- Cake
- Soda
- Sports Drinks
- Capri Sun or Sugary Drinks
- Kool-Aid Packets
- Gum



Thank you for your cooperation in following our district wellness policy! With your support, we will create a healthy environment for students, families, and staff. Please send students to school with healthy food that will help their minds and bodies grow. Our district policy does not allow any unhealthy foods to be served at school and afterschool for celebrations, events, activities or programs.