

Daniel Webster Food & Beverage Guidelines

Healthy Foods for School:

- ☐ Fresh Fruit
- ☐ Fresh Vegetables
- ☐ Nuts or Trail mix
- ☐ Popcorn
- ☐ Beans and Rice
- ☐ Whole Grain Crackers
- ☐ Yogurt
- ☐ String Cheese
- ☐ Hardboiled Eggs
- ☐ Dried Fruit
- ☐ Quesadilla
- ☐ Water



Unhealthy Foods NOT for School:

- Candy
- Cookies
- Cupcakes
- Chips
- Cake
- Soda
- Sports Drinks (i.e. Gatorade)
- Capri Sun or Sugary Drinks
- Kool-Aid Packets
- Gum



Please sign in agreement & return to your child's teacher!

We agree to follow the Daniel Webster Healthy Food & Beverage Guidelines!

Student's Name

Room Number

Student's Signature

Parent/Guardian Signature

Thank you for your help in following Daniel Webster's food guidelines! 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. **We will respectfully send home unhealthy foods.** Thank you! The Daniel Webster Wellness Team

