

Dear Parents,

August, 2012

Solomon Lutheran School has adopted a Wellness Policy. This policy is mandated by the Federal Government as Bill S.2507. This contains different regulations. The concept of this policy is to promote healthier lifestyles for our students.

To help promote healthy choices for our students, we would like to encourage parents to consider healthy snacks. This list of snacks should be used for snack time, classroom parties and birthday celebrations.

Please return the bottom portion of this letter so that we know you received and read this letter. Thank you for your time and consideration of this new policy.

Sincerely,  
Solomon Lutheran School Wellness Committee

The following is a list of snacks that can be used for the following:

**MORNING SNACK**

- Fresh fruit
- Fruit and cheese
- Fruit cup and utensil
- Apple wedges and dip
- Dried fruit
- Veggies and dip
- Whole grain crackers and cheese
- Animal Crackers
- Squeezable yogurt
- Nuts and seeds
- Crackers and Peanut butter
- Oatmeal raisin cookies
- Fig bars
- String cheese
- Pretzels
- Rice cakes

**CELEBRATIONS, PARTIES, ETC.**

- Warm soft pretzels
- Pizza with low-fat toppings
- Pizza dippers with marinara sauce
- Ham, cheese or turkey wraps
- Quesadillas with salsa
- Low-fat pudding
- Angel food cake
- Fresh fruit with peanut butter
- Waffles or pancakes w/ fruit
- Bagel slices w/ peanut butter  
or jam
- Baked chips and salsa
- Fruit salad

.....  
(detach and return)

I have reviewed and understand the above letter/list for my child: \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_