

Rose Tree Elementary School Food Guidelines 2024-2025

Updated October 10, 2024

As educators and parents, our desire is to support every effort to develop healthy habits among all students, as we know that healthy children are able to learn better. In supporting health and wellness among our students, the Rose Tree Media School District developed and adopted a Wellness Policy.

Wellness Policy

This policy was developed in response to a federal mandate that each school district participating in the National School Lunch Program develop a policy to address school nutrition, physical education, physical activity, foods served in school other than the National School Lunch Program, and foods served at school-based activities. The federal mandate was aimed at addressing the national epidemic of childhood obesity, as well as supporting wellness and healthy lifestyles for all students. This is why all foods offered to students during the school day should promote student health and reduce childhood obesity.

Classroom Parties

Rose tree Elementary students enjoy classroom parties in the Fall, before Winter Break, and around Valentine's Day. The Nutritional Standard published by the Pennsylvania Department of Education, Division of Food and Nutrition, states that classroom parties will offer minimal amounts of foods (maximum 2-3 items) that contain added sugar as the first ingredient, and will provide fresh fruits and vegetables, water, 100% fruit juice, or milk. In addition, any foods offered should be moderate in sodium content, provide minimal to no trans fatty acid, contain more than 2 grams of fiber per serving, and not offer any foods with minimal nutritional value.

So as to conform to the federal mandate as well as the RTMSD's Wellness Policy, we respectfully request that the following guidelines be followed. When planning a classroom party, students may be provided with a maximum of a single serving from each of the following listed categories: drink, fruit or vegetable, savory snack, and/or sweet snack. The food choices that may be provided to students are those listed on the table titled RTES Classroom Party Food Choices (see below). All foods on this list are free of peanuts and tree nuts. Please note that foods listed with a triangle symbol (D) are dairy free, black dot (=) are gluten free, a check mark (Ö) are egg free, and a square () are sesame free.

RTES Classroom Party Food Choices
Recommended Vendors and/or Food Brands (October 10, 2024)

Drinks	Fruit/Vegetables	Savory Snacks	Sweet Snacks
Water ★ ▲ ☒ ☒☒	Clementines ★ ▲ ☒ ☒☒	Soft Pretzels ❖ Bernie's ▲ ☒ <small>(Aldan, PA)</small> ❖ Pretzel Boys ▲ ☒ ☒☒ <small>(Aston, PA)</small>	Cookies ❖ Partake (Chocolate Chip, Ginger Snap, Lemon) ★ ▲ ☒ ☒☒ Available <small>at Amazon & Target</small> ❖ MadeGood Soft Baked Mini Cookies (Apple Cinnamon, Chocolate Banana, Chocolate Chip, Double Chocolate, No Nut Butter, Red Velvet, Snickerdoodle) ★ ▲ ☒ ☒☒ <small>Available at Amazon & Target</small> ❖ Kinnikinnick (Animal Crackers, Vanilla Wafers) ★ ▲ ☒☒ <small>Available at Amazon & Target</small>
100% fruit juice boxes or pouches ★ ▲ ☒ ☒☒	Grapes ★ ▲ ☒ ☒☒	Popcorn ❖ Wise (Butter, Sea Salt and White Cheddar) ★ ☒	
	Bananas ★ ▲ ☒ ☒☒		
	Store cut/prepared fruit ★ ▲ ☒ ☒☒	Granola Bars ❖ MadeGood Granola Bars (Apple, Cinnamon, Chocolate Banana, Chocolate Chip, Mixed Berry) ★ ▲ ☒ ☒☒ <small>Available at Amazon, Target & Costco</small>	
Store cut/prepared vegetables ★ ▲ ☒ ☒☒	Pepperidge Farm Goldfish (Cheddar, Pretzel) ☒		
Key: All Foods Listed are Free of Peanuts and Tree Nuts Gluten Free ★ Dairy Free ▲ Egg Free ☒ Sesame Free ☒☒			Frozen Treats ❖ Jonny Pops Organic Freezer Pops (Grape, Cherry, Fruit Punch) ★ ▲ ☒ <small>Available at Target</small> ❖ Mompops (Banana Raspberry, Mango, Pineapple Basil, Strawberry Lemonade) ★ ▲ ☒ ☒☒ <small>Available at Giant</small> ❖ PhillySwirl SwirlStix (Cotton Candy, Very Berry, Orange Dream, Fruit Punch, Banana Split, Rainbow) ★ ❖ PhillySwirl Lemonade Swirls (Strawberry, Blueberry, Watermelon, Pomegranate, Classic Lemonade, Lime) ★ <small>Available at Giant & Walmart</small> ❖ Rosati Ice ★ ▲ ☒ ☒☒ <small>(Clifton heights, PA)</small>

