



Royse City Elementary, Sugar Free Policy

At PTAA Royse City, we recognize the importance of wellness and good nutrition in the overall health of our students. That is why our campus is a sugar free campus. It has been found that not having sugar during the school day improves:

- Student Behavior
- Test Scores
- Student Health
- Etc.

If a student has anything with sugar in it, it will be send home with them.

If you are looking for ideas on what to pack for snacks; we have attached a list of recommended snacks, that also meet our Nut Free Policy, below.

Flavored Rice Cakes	Ants on a Log (Celery with Cream Cheese & Raisins)	Crackers (Ritz Crackers, Saltines, Whole Wheat, etc.)
Fresh Fruit	Lean Cuts of Turkey, Ham, or Pepperoni	Sugar Free Jello Cups
Applesauce	Non-fat Cottage Cheese (Try Adding Fruit)	Sugar Free Pudding Cups
Carrots and Dip	Pita Bread with Lean Sliced Meat & Cheese	Naturally Sweetened Dry Cereal
Whole Grain Fig Newtons	Bagels with Cream Cheese Spread or Other Spread	Breads made with Fruit or Veggies (Banana, Pumpkin, Zucchini, etc.)
Baked Whole Grain Goldfish	Pretzels with Dip (Cheese, Ranch, etc.)	Kabobs (made with a combo of Cheese, Fruit, Veggies, & Lunch Meat)
Bananas	Breadsticks with Marinara or Cheese Sauce	Raisins
Rice Cakes	Vegetables	Pumpkin or Sunflower Seeds
Edamame	Cheese (String Cheese, Cheese Slices, etc.)	Yogurt
Cheese Crackers	Tortilla Chips with Dip or Salsa	Hard Boiled Eggs
Quesadillas	Veggie Chips	Popcorn
Chex Mix	Whole Grain Bread with Fruit Spread	Dried Fruit
Fruit Leather	Gelatin with Canned or Fresh Fruit	Fortune Cookies

We know there will be questions concerning birthday parties. At PTAA we recognize that birthdays are a special day for our students. In order to ensure minimum disruption to academics we will do our parties at 2:00pm. Please run everything through your student's teacher. We want to ensure that the parties try to adhere to our Sugar/Nut Free policies. If you insist on bringing anything with sugar in it for a birthday it will be packaged and sent home. **We will not allow it to be eaten at school.**

If you have any questions regarding the school's classroom/birthday celebrations, please talk with principal.