

Princeton Regional Schools Wellness Policy Recommendations to Parents

In 2006, Princeton Regional Schools implemented a Wellness policy. This policy encourages increased physical activity and eating healthy for all students. As a reminder we recommend the following to be implemented throughout the school year:

1. Students should be encouraged to consume a healthy breakfast at home to enhance their ability to learn.
2. Students should consume healthy snacks and lunches while in school. Some healthy food suggestions are as follows:
 - Beverages
 - Low fat or no-fat plain or flavored milk
 - 100% fruit juice
 - Water
 - Flavored/Sparkling Water (without added sugars or sweeteners)
 - Sparkling punch (Seltzer with 100% fruit juice)
 - Fruit smoothies (blend berries, bananas and pineapples)
 - Fresh fruit assortment
 - Fruit and cheese kabobs
 - Fruit salad
 - Fruit with low fat whipped topping
 - Fresh apple wedges and caramel dip
 - Dried fruit
 - Vegetable trays with low fat dip
 - Fresh cut vegetables and reduced fat ranch dip or salsa
 - Celery and carrots with peanut butter and raisins
 - Whole grain crackers with cheese cubes, string cheese or hummus
 - Baked chips and salsa
 - Baked chips and reduced fat dip
 - Low-fat tortilla chips and salsa or bean dip
 - Pretzels
 - Air-popped popcorn
 - Rice cakes
 - Bread sticks
 - Graham Crackers
 - Animal Crackers
 - Angel food cake, plain or topped with fruit
 - Snack cake squares without icing or topped with fruit and reduced fat whipped topping
 - Oatmeal raisin cookies and low fat milk
 - Fig bars

- Waffles or pancakes topped with fruit
 - Bagel slices with peanut butter or jam
 - Fruit or grain muffin (low-fat)
 - Whole wheat English Muffin
 - Low-fat breakfast or granola bars
 - Warm Soft pretzels

 - Pizza with low fat toppings (vegetables, lean ham, Canadian bacon)
 - Pizza dippers with Marinara sauce

 - Ham, cheese, or turkey sandwiches or wraps (with low fat condiments)
 - Quesadillas or bean burrito with salsa

 - Low-fat pudding; Sugar free pudding
 - Low-fat yogurt
 - Squeezable yogurt
 - Yogurt smoothies
 - Yogurt Parfaits or banana splits (yogurt and fruit topped with cereal, granola, or crushed graham crackers)

 - Trail/cereal mix (whole-grain, low sugar cereals mixed with dried fruit, pretzels)
 - Nuts and seeds
 - Crackers and peanut butter
 - Fresh Fruit topped with Peanut Butter
- *Check for food allergies before serving

3. Students should get at least one hour of physical activity daily.

For further information, check the PRS Districts' Wellness Policy located on the JWMS website.