

William E. Cottle Elementary School

In support of the nutrition policy adopted by the Tuckahoe School District, the Cottle nutrition committee agrees to the following overall, general philosophy regarding the consumption of food by Cottle students during the school day (other than what is provided for breakfast/lunch by our food service department).

Some helpful suggestions for beverages at parties are:

- Water
- 100% Fruit Juice



Some helpful suggestions for food at parties are:

- Fresh fruit
- Vegetables/low fat dips
- Popcorn
- Pretzels
- Low fat cheese
- Crackers
- Baked/low fat chips salsa
- Fruit kabobs
- Vegetable kabobs
- Low fat yogurt

