



# FRESH IDEAS

## FOR CLASS PARTIES & CELEBRATIONS

As you plan for class birthdays, parties and events, TGS wanted to help give some FRESH ideas. TGS values a place where students can have wholesome and nourishing foods to help promote students to focus, learn, and grow. We need your help to bring food to class parties and events that incorporate vegetables, fruits, proteins, and other whole “real” food that provides energy for the school day.

TGS desires students to have fun and yummy foods but we ask that bakery cakes, cupcakes, cookies, candy, doughnuts, juice, and soda remain at home.

Every family is unique to what is a “sweet treat,” so let’s be mindful of what is served to our students in class and bring in foods that are fresh and wholesome.

**FUN and GOOD-FOR-YOU are a PERFECT PAIR!**

**THE GENEVA SCHOOL**

# KABOBS



## PEPPERONI PIZZA KABOB

- 1**
- Fresh mozzarella
  - Pepperoni slices
  - Cherry tomatoes
  - Flatbread



**1**

## CHICKEN COBB SALAD

- 2**
- Lettuce
  - Grilled chicken
  - Avocado
  - Cherry tomatoes
  - Bacon
  - Boiled egg



**3**

## SALAMI CAPRESE

- 3**
- Salami
  - Marinated mozzarella balls
  - Basil leaves
  - Cherry tomatoes

## VEGGIE DELIGHT (serve with dip)

- 4**
- Broccoli
  - Carrot slice
  - Cherry tomato
  - Cucumber slice



**5**

## PB & J

- 5**
- Whole wheat bread or tortilla
  - Peanut butter (or any nut butter)
  - Jelly (any flavor)
  - Strawberries or grapes

## BLT

- 6**
- Sourdough bread
  - Bacon
  - Lettuce
  - Cherry tomato



**7**

## TURKEY CLUB

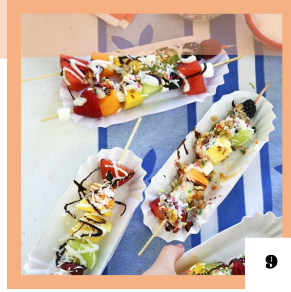
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- Turkey slices
- Bacon
- Sourdough bread
- Avocado
- Cheese (your choice)
- Lettuce

## CHICKEN QUESADILLA

8

- Cheddar cheese
- Whole wheat tortilla
- Grilled chicken
- Side of salsa or avocado



## RAINBOW FRUIT

9

- Strawberry
- Cantaloupe or orange slice
- Pineapple cube
- Green grape or kiwi
- Blueberry
- Purple grape

Make it a sundae by letting students add chocolate sauce, whipped cream, sprinkles and a cherry.

## DESSERT

10

- Strawberry
- Marshmallow
- Cube rice crispy, or angel food cake
- Blueberry or blackberry
- Cube of brownie
- Strawberry

## CATERPILLAR

11

- Green or red grapes for the body
- Mini chocolate chips for the eyes
- Use a tube of little icing to stick to eyes to the grape.

## BANANA POPS

12

- Half of a banana on a popsicle stick
- Dip in plain Greek yogurt
- Sprinkles or other fun toppings
- Freeze for 2 hours before serving



# SNACKS



## PEANUT BUTTER ENERGY BITES

- 13** • 2 TBSP honey
- ⅓ CUP peanut butter
- 1 CUP old fashioned oats
- ½ semi-sweet chocolate chips
- ½ CUP flax seed
- 1 TBSP chia seeds

Mix all ingredients together and refrigerate overnight. Then roll into 1 TBSP balls and serve. Store in the fridge. (Be mindful of any peanut allergies)

13

## TRAIL MIX

- 14** • In a large bowl mix any or all of popcorn, small pretzels, dried cranberries or raisins, chocolate chips or M&Ms, goldfish or Annie's bunny crackers, nuts like cashews or peanuts (if no allergies)
- Mix, then serve from a big bowl or snack bags or cups for individual servings



15

## POPCORN BAGS/CUPS

- 15** • Serve popcorn in snack bags or decorative bags to match a theme or cups for individual servings

## FROZEN YOGURT BITES

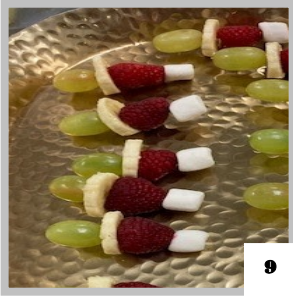
- 16** • 1 CUP of your favorite fruit (chopped into really small pieces)
- 2 TBSP honey
- Pinch of salt
- 1 CUP full fat plain Greek yogurt
- 1 CUP granola (be mindful of allergies)



16

Arrange cupcake liners in a regular muffin tin, you can make mini bites if desired as well. Mix all ingredients but the granola in a bowl. Layer the granola in the bottom of the muffin tin and top with the fruit and yogurt mixture. You can layer 1-2 times or garnish with a bigger piece of fruit. Freeze the bites for at least 2 hours before serving. You can use a popsicle stick for easier eating too.

16



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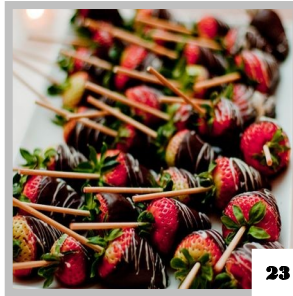
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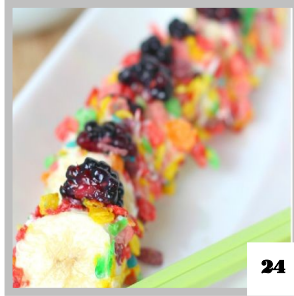
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23



23



24



21



# FRUIT



## APPLE RING DONUTS

- 17**
- Core an apple and slice into circles
  - Spread yogurt, nut butter, Nutella or icing
  - Sprinkles, cereal, chocolate chips, granola, diced berries or blueberries, or other fun toppings



## RAINBOW FRUIT CUPS

- 18**
- In a clear cup, from bottom to top
  - layer halved purple grapes, blueberries, kiwi chunks, pineapple chunks, clementine pieces, cut strawberries or watermelon
  - Garnish with a dollop of whipped cream, or some mini marshmallows



## ORANGE FRUIT CUPS

- 19**
- Oranges
  - Assorted fruit chopped

## WAFFLE CONE FRUIT CUPS

- 20**
- Waffle cone mini bowls or waffle ice cream cones
  - Assorted fruit chopped

## WATERMELON PIZZA

- 21**
- Cut watermelon into 1" round slices. Each thick slice can be put on a round platter, or in a clean "pizza box" and cut into 6-8 "pizza slices"
  - Top the "pizza" with a variety of toppings, like chopped strawberries, blueberries, blackberries, kiwi chunks and sprinkle with shredded coconut

Slice the top third of an orange. Use a knife to cut out the orange fruit pieces from the orange, place in a bowl, and add other chopped fruit, like berries, grapes, kiwi, pineapple. Spoon the mixed fruit pieces back into the orange cup. For fun decor you can add a mini paper umbrella, or a fancy toothpick which could be used to eat the fruit from the cup.

**19**

Fill the cone with fresh fruit, like berries, grapes, melon or pineapple chunks. You can use ice cream or vanilla yogurt as a base to the fruit, but not necessary. Add some mini chocolate chips or mini marshmallows as a garnish.

**20**

## **RAINBOW FRUIT PLATTER**

Arrange fruit on a platter to look like a rainbow

- 22**
- Start with a handful of blueberries
  - Make an arc of green grapes over the blueberries
  - Make an arc of pineapple chunks over the grapes
  - Make an arc of clementine slices or cantaloupe chunks over the pineapple
  - Make an arc of chopped strawberries over the orange fruit
  - To add a “pot of gold”, serve lemon flavored yogurt or vanilla yogurt with small bits of pineapple in a small dish as a fruit dip near the rainbow platter



**22**

## **CHOCOLATE DIPPED STRAWBER- RIES/FRUIT**

- 23**
- Strawberries
  - Melting chocolate or chocolate chips
  - Clementine pieces, pretzel rods, and dried apricots also dip easily

Wash strawberries and melt chocolate in a glass bowl according to package directions. Holding the green top of the berry, dip into the chocolate then place on a piece of waxed paper to harden. Store in refrigerator until serving.

**23**

## **BREAKFAST SUSHI**

- 24**
- Banana, peeled
  - Cereal like Fruity Pebbles or Rice Krispies
  - Nut butter, Nutella, or Greek yogurt
  - Blackberries

Place the cereal in a shallow dish. Spread the Greek yogurt, or nut butter all over a banana and roll in the dish of cereal to coat the banana. Slice the banana into bite sized pieces and place on a tray with halved blackberry on top. Serve with chopsticks or toothpicks.

**24**

## **MINI BANANA POPS**

- 25**
- Banana, peeled and cut into bite sized pieces
  - Nut butter or Nutella
  - Mini chocolate chips and/or Sprinkles
  - Mini popsicle sticks or mini lollipop sticks

Spread a glob of nut butter onto the top of each banana bite. Sprinkle with mini chips and any other toppings. Arrange on a tray and place a popsicle stick at the center of each bite.

**25**



### YOGURT PARFAITS **26**

- Fruit of your choice
- Yogurt (vanilla, berry flavored, Greek or coconut flavored)
- 5 ounce cups or waffle cones

Place yogurt in a cup or waffle cone and top with fruit.

You can also add: Granola, mini chocolate chips, shredded coconut, whipped cream, cereals or confetti sprinkles. Make it a parfait bar for fun.



**26**

### ACAI BOWLS

- 27**
- Acai berry packet
  - Toppings (optional): fruit, granola, mini chocolate chips, coconut

### BANANA SPLITS

- 28**
- Bananas
  - Ice cream (vanilla, chocolate, strawberry)
  - Toppings of chopped fruit like strawberries, blueberries, kiwi chunks, etc.

### BANANA DOLPHINS

- 29**
- Bananas
  - 9 ounce cup
  - Blueberries
- Fill the cup around the banana dolphin with fresh blueberries to represent the water.  
Optional: Place a goldfish in the “mouth” of the dolphin

On a small plate or a small bowl (French fry containers work great!) place a whole or half of a peeled banana and slice it lengthwise. Put some whipped cream or a small scoop of ice cream in the middle of the halved banana pieces. Then top with fruit.

**28**

Cut banana(s) in half. You will use the half with the “stem” and can eat the other half now or peel and store in the freezer for smoothies or “nice” cream. Taking a sharp knife, make a horizontal cut into the stem of the banana to make it look like the mouth of a dolphin. Using a Sharpie marker, draw an eye on each side of the banana for eyes. Place the banana cut side down into a 9 oz. punch cup.

**29**





# VEGETABLES

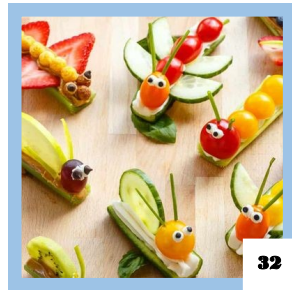
## RAINBOW HUMMUS CUPS

- 30**
- In a small clear cup place a dollop of hummus
  - Place a variety of colorful vegetable sticks around the cup, like thin bell pepper strips (red/orange/yellow/green), thin celery strips, or carrot sticks



## VEGGIE CUPS

- 31**
- Place a variety of veggies in a small cup, like thin celery sticks, thin carrot sticks, cherry tomatoes, broccoli florets, snow peas, sugar peas, or red/yellow/orange/green bell pepper slices
  - Serve with a dip (like hummus or herb/yogurt) in individual containers or on a small plate to dip the veggies in



## VEGETABLE BUGS OR REINDEER

- 32**
- Cut celery into pieces
  - Fill center of celery with nut butters (if class allergies allow), or cream cheese, or ranch dip
  - Ants on a log: add raisins, Snail: add a cucumber slice and raisin eyes
- Google “vegetable bug recipe” for lots of fun ideas

## THEMED VEGETABLE TRAYS

- 33**
- Cut vegetables and a dip can be arranged on a platter to fit any theme: like a scarecrow or pumpkin at harvest time, an owl, a flower, a turkey, or Christmas tree

## “RANCH” VEGGIE DIP

- 34**
- ½ CUP plain Greek yogurt (preferably whole milk)
  - 1 TBSP mayonnaise
  - 1 TBSP chopped herbs, like basil, chives, oregano, or thyme
  - 2 TSP fresh lemon juice OR white wine vinegar
  - 1 TSP each of salt and pepper

Mix together and refrigerate until serving. Easy to double the recipe.

34





25



28



27



32



30



35



36



41



44



46



13



49

### CUCUMBER BOATS

- 35**
- Mini cucumbers
  - Vegetable/garden spread or plain cream cheese or hummus
  - Carrot sticks
  - Yellow pepper and/or mozzarella cheese chunk
  - Red life saver gummies and toothpicks

### CUCUMBER BAGEL BITES

- 36**
- English cucumber
  - Everything but the bagel seasoning
  - Cream cheese

### VEGETABLE CARS

- 37**
- Mini cucumbers
  - Mini peppers
  - Toothpicks

### CHARCUTERIE TRAYS

- 38**
- Arrange a variety of cheese chunks, string cheese, pretzels, crackers, summer sausage chunks, grapes, berries,
  - Clementines, olives, pickles, dried fruit on a tray

Popular with all ages with customization for tastes and events



**37**

Cut the cucumbers in half lengthwise and scoop out the seeds with a spoon. Save one cucumber to make the sail by slicing it thin lengthwise with a knife or mandolin. Next, cut the carrot 3-4" long. Attach the cucumber sail by placing a tiny hole at the end of each side and curve the sail and attach to the carrot. Use the pepper or cheese to make a triangle flag and attach with a small piece of toothpick to the carrot and cucumber sail. Fill the cucumber boat with dip and attach the carrot cucumber sail with a flag in the boat using a toothpick. Lay the lifesaver on the top of the boat as a life preserver.

**35**

Chop up the cucumber into bite size pieces and arrange on a tray. Use a piping bag (or Ziplock bag with a tiny hole cut at one tip) to pipe cream cheese onto each cucumber bite. Sprinkle the seasoning on top and chill till served.

**36**

Chop the cucumber into round slices to make the wheels. Push a toothpick into each end of a pepper as the axles and attach 4 cucumber slices. Serve with a dip of your choice.

**37**



## SMOOTHIES / DRINKS

A high-speed blender is helpful to get a really smooth drink.



### CLASSIC GREEN SMOOTHIE

- 39**
- 2 CUPS fresh spinach
  - 1 CUP frozen pineapple
  - 1 banana, fresh or frozen
  - ½-¾ CUPS coconut water

Place all in a blender and blend 1-2 min. until smooth

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### PINA COLADA SMOOTHIE

- 40**
- 1 ½ CUPS frozen pineapple chunks
  - 1 banana, fresh or frozen
  - 2 CUPS coconut milk

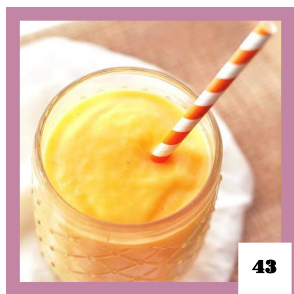
### CREAMY BERRY SMOOTHIE

- 41**
- 1 CUP whole plain yogurt OR coconut milk OR nut milk
  - 2 CUPS frozen berries, slightly thawed OR fresh berries
  - 1 banana, fresh or frozen
  - 1 TSP honey
  - 1 TSP vanilla extract, optional



### AVOCADO SMOOTHIE

- 42**
- 2 CUPS coconut milk or nut milk
  - 1 avocado, scooped out of shell
  - 1 banana, fresh or frozen
  - 2 TSP honey
  - 1 TSP vanilla extract



### FROZEN CREAMSICLE

- 43**
- 1 ¼ CUP orange juice (fresh or refrigerated, NOT from concentrate)
  - ½ CUP unsweetened vanilla coconut milk
    - 1 ½ CUPS ice cubes
    - ¼ CUP frozen mango chunks

Combine all ingredients in a high powered blender until slushy consistency. Makes four 6 ounce glasses.

43



### WATERMELON BREEZE

- 44**
- 3 CUPS cubed chilled watermelon
  - 1 CUP coconut water
  - Squeeze fresh lime juice
  - Ice and sprig mint (optional)

Place all ingredients in a blender until smooth. Add more ice if you desire a slushy consistency. Makes 4 servings.

**44**

### COCONUT WATER LEMONADE

- 45**
- 1 CUP freshly squeezed lemon juice
  - 3 CUPS coconut water
  - ½ CUP raw honey

Mix all ingredients in a large pitcher thoroughly and place in the fridge to cool. When serving, pour over ice.

**45**

### RASPBERRY LIMEADE

- 46**
- 4 cans Dasani Sparkling Raspberry lemonade
  - 2 cans of Dasani Sparkling Lemon Lime
  - 1 PINT raspberries
  - 2 limes
  - Honey

Rinse raspberries and chop, mash, or leave whole in a bowl (depending on desired look when served). Mix in 1 TBSP of honey and set aside. Cut the ends off your lemon and lime and slice. Add the raspberries, lemon and lime slices to a large pitcher. Stir in the cans of sparkling waters and chill in the fridge. Makes about 64 ounces, best served with crushed ice.

**46**

### CITRUS BLAST SODA

- 47**
- Sparkling mineral water (can get lime or lemon flavored)
  - Fresh lemons, limes, and oranges

Chop up citrus fruit and add to a large pitcher. Stir in the sparkling mineral water and refrigerate until serving over ice. The longer the fruit infuses, the more intense the flavor.

**47**

### BERRY BURST SODA

- 48**
- Sparkling mineral water
  - Fresh strawberries, raspberries, and blueberries

Chop up the fruit and add to a large pitcher. Stir in the sparkling mineral water and refrigerate until serving over ice. The longer the fruit infuses, the more intense the flavor.

**48**

### KIDDIE SANGRIA

- 49**
- 1 CUP club soda
  - 2 CUPS cranberry juice
  - Fresh chopped fruit: oranges, lemons, lime, strawberries, apples, etc.

Mix the club soda and cranberry juice in a large pitcher. Add the chopped fruit of your choice and refrigerate. Serve over ice. The longer the fruit infuses, the more intense the flavor.

**49**



# SPECIAL EVENTS

See previous pages for these recipe suggestions. Photos on this page represent more suggestions for special events.

## K4:

Seafood Day: Banana Dolphins with Goldfish Crackers, Breakfast Sushi and Cucumber Boats

## K:

Mother's Day Tea: Chocolate Dipped Strawberries or Strawberry Roses, Flower Shaped Vegetable Tray with Hummus, Kiddie Sangria

## 1st:

Peter Rabbit Play: Vegetables from Mr. McGregor's Garden

Madeline Day: Eiffel Towers (made with cheese sticks and berries)

## 2nd:

Winnie-the-Pooh Play Cast Party: Vegetable Pots from Rabbit's Garden, Owl's Bookworm Grape Kabobs

Egypt Day: Hummus Cups with carrot sticks and red pepper strips, Chicken Kabobs, Coconut Water Lemonade.

## 3rd:

Charlotte's Web Cast Party: Wilbur Fruit Bowls carved from a watermelon, Berry Burst Soda

## 4th:

Medieval Celebration: "Stained Glass Window" made with fruit, Kiddie Sangria or Citrus Blast Soda, Lunch Kabobs, Charcuterie Tray

## 5th:

Kiddie Sangria, American Flag with Strawberries, Blueberries, and Yogurt-Dipped Pretzels, Charcuterie Tray





**6th:**

Immigration Day: American Flag with Strawberries, Blueberries, and Yogurt-Dipped Pretzels, Raspberry Limeade, Yogurt Parfait Bar



**Christmas Parties:**

Fruit Platter displayed in shape of a Christmas tree



Christmas Charcuterie Platter with cheese, salami, pretzels, olives displayed in shape of a Christmas tree

Christmas Tree Cone: using a Styrofoam cone form, use toothpicks to cover the cone with strawberries or grapes



Snowman Popcorn cups: using clear punch cups, fill with popcorn, draw snowman face on cup with a Sharpie marker, and put a piece of fabric around cup to look like a scarf



1. Pepperoni Pizza
2. Chicken Cobb Salad
3. Salami Caprese
4. Veggie Delight (serve with dip)
5. PB & J
6. BLT
7. Turkey Club
8. Chicken Quesadilla
9. Rainbow Fruit
10. Dessert Kabob
11. Caterpillar Kabob
12. Banana Pops

13. Peanut Butter Energy Bites
14. Trail Mix
15. Popcorn Bags/Cups
16. Frozen Yogurt Bites

17. Apple Ring Donuts
18. Rainbow Fruit Cups
19. Orange Fruit Cups
20. Waffle Cone Fruit Cups
21. Watermelon Pizza
22. Rainbow Fruit Platter
23. Chocolate dipped strawberries/  
fruit
24. Breakfast Sushi
25. Mini Banana Pops
26. Yogurt parfaits

27. Acai Bowls (TGS parent)
28. Banana Splits
29. Banana Dolphins
30. Rainbow Hummus Cups
31. Veggie Cups
32. Vegetable Bugs or Reindeer
33. Themed Vegetable Trays
34. "Ranch" Veggie Dip
35. Cucumber boats
36. Cucumber Bagel Bites
37. Vegetable Cars

38. Charcuterie Trays

39. Classic Green Smoothie
40. Pina Colada Smoothie
41. Creamy Berry Smoothie
42. Avocado Smoothie
43. Frozen Creamsicle
44. Watermelon Breeze
45. Coconut Water Lemonade
46. Raspberry Limeade
47. Citrus Blast Soda
48. Berry Burst Soda
49. Kiddie Sangria

