

FUELING AT SCHOOL

- Berries (fresh, frozen, or freeze-dried)
- Smoothie (in reusable water bottle with straw)
- Cut carrots/peppers/celery w/hummus
- Trail mix: nuts, dark chocolate chips, pretzels, dry cereal, freeze-dried fruit
- Dark chocolate covered almonds
- Grapes
- Air-popped popcorn
- Clementine oranges
- Breakfast "cookies" (*recipe under Resources)
- Cheese wedge & pretzels
- Pumpkin seeds (pepitas)
- Mini strawberry chia muffins
- Pinwheel or Hawaiian roll sandwich
- Packaged Bar: Kind, Zbar, Kate's Real Food
- Mini or 1/2 Dave's Killer Bagel
- Dry roasted chickpeas or edamame

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