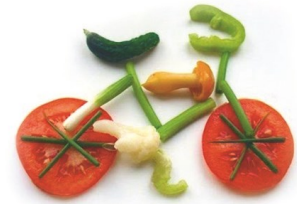


Fueling station



Healthier snack options

Fueling and refueling your body properly impacts your growth, energy level, physical activity and learning. Consider some healthier snack alternatives for your busy lifestyle on the go.

Refrigeration required

- White or chocolate milk
- Milk 2 Go®
- Yogurt, Yop®, yogurt tubes or pops
- Fruit yogurt and granola parfait
- Cheddar cheese, cheese slices or cheese strings
- Fruit smoothie
- Veggies and dip
- 100% vegetable juice
- Whole grain bagel with light cream cheese
- Whole wheat pita with hummus



No fridge? No problem.

- Air-popped corn
- Whole grain muffins
- Trail mix (seeds, pretzels, dried fruit)
- Cereal bars, granola bars (without chocolate or marshmallows)
- Whole grain bread sticks, crackers, melba toast
- Fresh fruit, unsweetened fruit, applesauce cups
- Baked pita chips
- Whole grain low sugar cereal
- Soy beverage/soy milk
- Unsweetened instant oatmeal