

# SWEETS

CHOCOLATE MILK  
CHOCOLATE CHIPS, PRETZELS, & PB  
HOMEMADE TREAT (COOKIES,  
ICE CREAM, BROWNIE, ETC.)  
HOMEMADE LEMONADE  
PROTEIN SHAKE  
BANANA, PB, & CHOCOLATE BITES  
MUDDY BUDDIES  
GRAHAM CRACKERS & CREAM CHEESE  
(OR PB & CHOCOLATE)  
YOGURT & SPRINKLES/CHOC. CHIPS  
FRUIT POPSICLE  
CEREAL

# BREAKKIE

EGGS (HARD BOILED, SCRAMBLED, ETC.)

AVOCADO TOAST

SMOOTHIE

PROTEIN SHAKE

BREAKKIE TACO

SCRAMBLE BOWL

WAFFLES

PANCAKES

CREPES

CROISSANTS (WITH EGGS, MEAT,  
CHEESE, CHOCOLATE, ETC.)

SAUSAGE & BACON

YOGURT, GRANOLA, & BERRIES/BANANA

TOAST & TOPPINGS

BAGEL & CREAM CHEESE/EGGS

STEEL CUT OATS

OVER NIGHT OATS

BANANA SPLITS YOGURT BOWL

BREAKKIE COOKIE

PROTEIN PANCAKES

STRAWBERRIES & CREAM

GRAPEFRUIT

EGG-SAUSAGE BREAKKIE SAUSAGE

# LUNCH

PB&J  
CHEESE, MEAT, & CRACKERS  
TURKEY SANDWICH  
GRILLED CHEESE  
TORTELLINIS  
SANDWICH WRAP  
NACHOS  
AVOCADO TOAST  
BAGEL SANDWICH  
EGG SALAD SANDWICH  
TUNA/CHICKEN MELT  
QUESADILLA  
ARUGULA SALAD  
SMOOTHIE  
PROTEIN SHAKE  
CROISSANT SANDWICH  
BREAKKIE FOR LUNCH  
FLAUTAS/TAQUITOS  
MAC & CHEESE  
LEFTOVERS

# SNACKS

POPCORN

POPCORNERS

PRETZELS

CHEESE, MEAT, & CRACKERS

APPLES & PEANUT BUTTER/CHEESE

GUAC/HUMMUS & CHIPS

NACHOS

ENERGY BITES

VEGGIES & RANCH/HUMMUS

PITA BREAD/CHIPS & HUMMUS

YOGURT & GRANOLA

ZBAR/LUNA BAR

CHOMPS (BEEF STICK)

SMOOTHIE

PROTEIN SHAKE

LEFTOVER PANCAKES/WAFFLES

SLICED FRUIT

FRIES & DIP

PISTACHOS/PUMPKIN SEEDS

TRAIL MIX