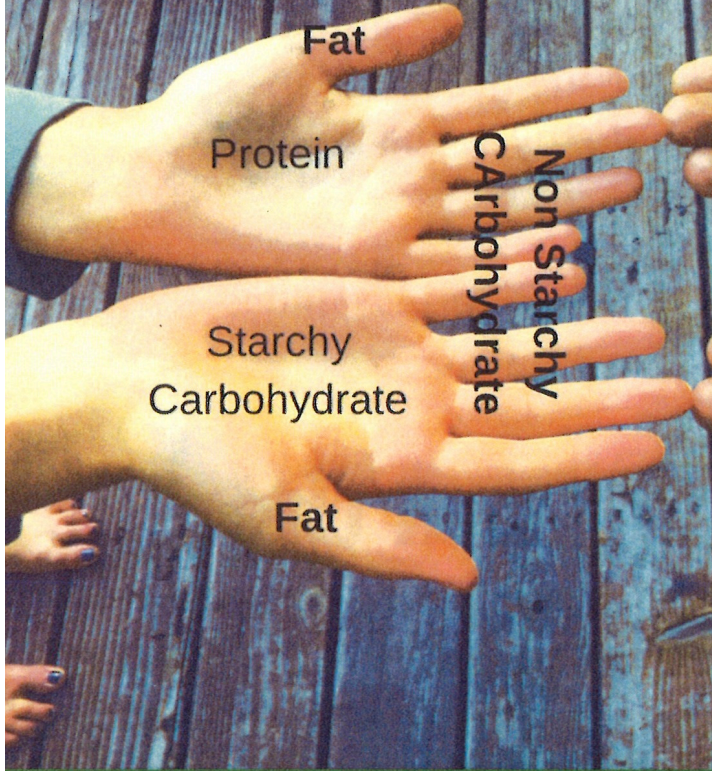


# Lunch and Snacks on the go



Think "what's my Protein Carbohydrate and Fat" to make your meal or snack complete

## Protein

Balances your blood sugar till the next meal, keeping you full longer and feeds the brain, building block for body and muscles

## Fat

Essential to all the cells, keeps us full longer, feeds the brain, and satisfies hunger, uncooked fats are easiest to digest

## Carbohydrates

Complex Starchy Carbs quickly fuels cells with glucose, full of vitamins and antioxidants, and fiber.

Non-Starchy carbs don't raise blood sugar and add fiber, vitamins and minerals

## Boosters

Add nutrient density, probiotics, flavor and stimulates digestion



# Healthy Birthday and Party Treat Ideas

The Wellness Committee is tasked with reducing the amount of refined sugar students are eating while at school. In an effort to do this, we recommend the following items in lieu of traditional birthday/party treats!

- Veggie platter
- Fruit kabobs
- Fruit with cream
- Stickers
- Popcorn
- Homemade muffins

## Everyday Snack Ideas:

- Hummus w/carrots, celery, peppers, & jicama
- Hard boiled eggs w/veggies
- Fruit with nut butter
- Fruit with nuts and seeds
- Olives
- Avocado with crackers
- Rice cake with cream cheese
- Pickles, cheese, walnuts, and olives
- Smoothie
- Salad with chicken or smoked salmon
- Soup in a thermos
- Plain yogurt fruit and nuts
- Miso soup with rice/quinoa
- Nori wrap with chicken, and veggies
- Roasted chick peas
- Kale chips
- Kale salad
- Chia pudding
- High protein homemade muffins
- Baked oatmeal in a mason Jar
- Turkey, chicken or veggie wraps
- Leftovers
- 3-bean salad
- Quinoa salad
- Lentil salad
- Your favorite meals
- Sliced turkey rolled up with pickle, avocado and cucumber

**Interested in learning more about appropriate school snacks?**

Visit <https://www.fns.usda.gov/tn/guide-smart-snacks-schools> for more information and resources on approved snacking options!