

THE ATHLETE'S LUNCH BAG

For All-Day Events!

*Choose high carbohydrate foods that are easy to digest.

*Drink lots of fluids!

- **PB & Jelly Sandwich (Smucker's Uncrustables)**
- **Grapes, cuties, bananas**
- **Applesauce squeezers**
- **Bagels**
- **That's It Bars (dried fruit bars)**
- **Dried mango, dried cherries, raisins**
- **Oatmeal Squares Cereal (w/o milk)**
- **Nutra-grain bars**
- **Clif Bars**
- **PB Energy balls**
- **Banana Chia Muffins/ Blueberry Muffins**
- **Juice, bottled water**
- **Gatorade or Powerade**
- **Wheat Thins, pretzels & hummus**
- **Turkey roll-up on whole wheat tortilla**
- **Subway sandwich**