

**Apple slices dipped
in Peanut Butter**



**Banana and
Peanut Butter in a
Whole Wheat Tortilla**



**Tortilla Chips
and Guacamole**



**Celery with
Almond Butter**



**Hard Boiled Egg
with Avocado slices
and Salsa**



**Cheese Stick and
Seed-based Crackers**



Trail Mixes

- Chopped Pecans and Golden Raisins
- Cheerios and Walnuts
- Almonds and Raisins



**Edamame with
Hot Sauce**



**Air Popped
Popcorn**



**Nut Butter
Packs**



**Cans of Sardines,
Mackerel, or
Pink Salmon**



**Smoothies with Fruit,
Spinach, Unsweetened Vanilla
Almond Milk, and Chia Seeds**

