



FUEL THROUGHOUT THE SCHOOL DAY

Having a nutrition plan in place for the school day is essential for teen athletes. Fuel up this school year with these nutritious snacks and school lunch ideas.

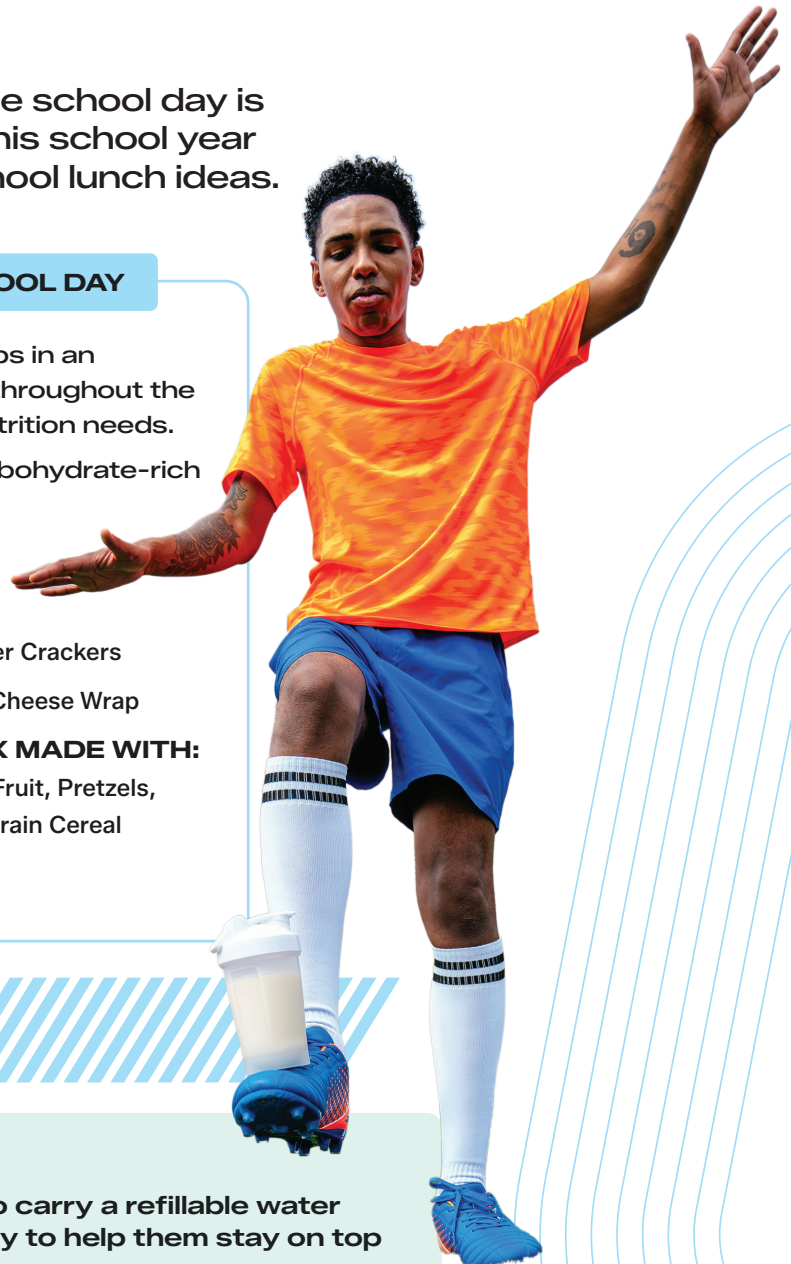
01 | PACK YOUR SNACKS FOR THE SCHOOL DAY

Well-planned snacks can help fill nutrient gaps in an athlete's diet and provide them with energy throughout the school day, helping them meet their sport nutrition needs.

When planning snacks, aim to combine a carbohydrate-rich food item with a source of protein.

Easy snacks that teen athletes can pack for school include:

- Sliced Cheese With Crackers
- Peanut Butter Crackers
- Nut Butter And Jelly Sandwich
- Turkey And Cheese Wrap
- Beef Jerky With Pretzels
- **TRAIL MIX MADE WITH:**
Nuts, Dried Fruit, Pretzels,
and Whole Grain Cereal
- Apple Slices With Almonds
- Cheese Stick With Granola Bars
- Hummus With Pita Chips



Pro Tip:

Encourage teen athletes to carry a refillable water bottle during the school day to help them stay on top of their hydration needs.



GOT MORE QUESTIONS OR IDEAS?
Connect with nutrition experts today.



FUEL YOUR GAME

02 | REFUEL AND RECHARGE AT LUNCH

Lunch, whether you pack your own or eat at school, is a key opportunity for teen athletes to refuel and recharge for their afterschool sport activities.

When packing a lunch to enjoy at school, plan for a meal that provides a good source of carbohydrates, a moderate amount of protein, as well as fruits and veggies.

Athletes should make sure to hydrate with their lunch meal. A nutritious beverage such as low-fat milk is a great way for teens to add 13 essential nutrients, including protein, to their school lunch.

03 | ON-THE-GO MEAL BOX

COMPONENT IDEAS FOR AN ON-THE-GO MEAL BOX

PROTEIN:

- Greek Yogurt
- Cottage Cheese
- String Cheese
- Cheese Sticks
- Shredded Rotisserie Chicken
- Hard-Boiled Eggs
- Lean Deli Meat (turkey, chicken, ham, roast beef)
- Nuts
- Nut Butter
- Hummus
- Edamame

CARBOHYDRATES:

- Whole Grain Bread
- Bagels
- Wraps
- Crackers
- Pasta
- Brown Rice
- Quinoa
- Pita Chips
- Pretzels

FRUIT AND VEGETABLES:

- Fresh Sliced Melon
- Apple Slices
- Orange Wedges
- Grapes
- Mixed Berries
- Dried Fruit
- Baby Carrots
- Cherry Tomatoes
- Celery Sticks
- Sliced Cucumber
- Mini Peppers
- Broccoli
- Cauliflower
- Avocado

Pro Tip:

Meal prep items in advance to make packing lunch quick and easy in the morning.

RECIPE SHOWCASE

ON-THE-GO MEAL BOX



Looking for an easy way for teen athletes to enjoy a healthy lunch at school?

Try the On-the-Go Meal Box recipe.

Simply pack a variety of your favorite items into a bento box to create a complete lunch on-the-go.

ENJOY SCHOOL LUNCH

If your school participates in the National School Lunch Program (NSLP), the school lunch provided must meet federal nutrition standards.

NSLP guidelines require that school lunches provide:

- Whole Grains
- Meat/Meat Alternates
- Fruits
- Vegetables
- Low-Fat Milk

To meet their sports nutrition needs, athletes should make sure to take all the food that comes with the lunch, including the fruit, vegetable, and milk.



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