

Travel Food Suggested List:

Bag of Bagels (or mini bagels)

English Muffins (preferably whole-wheat)

Bag of Oranges

Bag of Bananas

Bag of Apples

Bag of Grapes

Granola Bars

Fig Newtons

Dozen Hard-boiled Eggs

Jar of Peanut Butter/ Nutella

Case of Water

8 pack of mini Gatorades/case of Gatorade

Baby Carrots

Graham Crackers

Animal Crackers

Cheese Strings

Whole wheat crackers

Cut up cheese squares

Granola (from Loafers)

Box of Kashi Go-Lean Crunch Cereal

Box of Frosted Mini-Wheats

Almonds, Peanuts, Cashews, Pistachios

Edamame

Hummus and Pita

Whole wheat pretzels

Chocolate Milk

Popcorn

Yogurt Tubes Go-gurt (bring frozen)

Banana bread

Oatmeal Raisin Cookies

Trail mix

Dried Fruit

Beef Jerky

Applesauce cups

Tuna Fish Pouches

Roasted Chickpeas