

## HEALTHY FOOD OPTIONS FOR BACKPACKS

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- Fresh Fruits (apples, bananas oranges)
- Macaroni and cheese
- Canned Pastas
- Dried Pasta/spaghetti sauce
- Low sodium pasta dinners
- Low sodium non-refrigerated microwave meals
- Canned meats (Tuna, Chicken) in water
- No salt added nuts and seeds
- Popcorn
- Rice
- Peanut Butter and Jelly
- Bread
- Soup
- Canned Vegetables
- Canned Beans
- Applesauce
- Jell-O in packs
- Healthy Granola Bars
- Instant Oatmeal
- Canned/Plastic fruit containers in Water or Fruit juice
- Whole wheat Crackers
- Natural fruit chews with no added sugar
- Whole Grain cereal