

# Backpack Meals



**IN THE DAILY RUSH OF GETTING TO AND FROM CLASSES, MEETINGS AND WORK, YOU MAY FEEL LIKE THERE IS JUST NO TIME TO EAT. WITH A LITTLE BIT OF PLANNING YOU CAN EQUIP YOUR BACKPACK WITH A MEAL THAT WILL SUSTAIN YOUR ENERGY UNTIL YOUR NEXT OPPORTUNITY TO EAT. TAKE ADVANTAGE OF THOSE MOMENTS OF TRAVELING TO REPLENISH YOUR ENERGY BY TRYING SOME OF THESE BACKPACK MEALS.**

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**CEREAL BAR AND A  
PIECE OF FRUIT.**

**TOASTED WHOLE  
WHEAT BREAD WITH  
PEANUT BUTTER AND  
HALF OF A SLICED  
BANANA.**

**BAGGIE FULL OF DRIED FRUIT,  
PEANUTS, CEREAL, AND  
PRETZELS.**

**STRING CHEESE,  
CRACKERS AND AN APPLE  
OR GRAPES.**

**BAGEL SANDWICH  
(USING PEANUT  
BUTTER, CHEESE, OR  
MEAT) ACCOMPANIES  
BY BABY CARROTS.**

**PEANUT BUTTER ROLL-UP**

Spread one or two tablespoons of peanut butter over a tortilla.

- Sprinkle several raisins and chopped apples over the peanut butter.

- Roll up a tortilla and cut in half. (Pick up a carton of milk at the Union to go with it).

