

**5**

## PINEAPPLE

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Water

Fuel Food

**10**

## STRAWBERRIES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Water  
 Fiber

Fuel Food

**10**

## WATERMELON

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water

Fuel Food

**15**

## MANDARIN ORANGES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water

Fuel Food

**15**

## APPLES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

**20**

## BANANAS

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Fiber

Fuel Food

**20**

## BLUEBERRIES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Water

Fuel Food

**25**

## GRAPES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

**25**

## CANTALOUPE

**NUTRITION BENEFITS:**  
 Energy  
 Vitamins & minerals  
 Water

Fuel Food

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## WHOLE WHEAT PASTA

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**10**

## OATMEAL

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**10**

## QUINOA

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Protein  
Fiber

Fuel Food

**15**

## BROWN RICE

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**15**

## WHOLE GRAIN CEREAL

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**20**

## POPCORN

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**20**

## WHOLE WHEAT BREAD

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**25**

## WHOLE WHEAT TORTILLA

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

**25**

## BARLEY

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Fiber

Fuel Food

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## CELERY

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

**10**

## AVOCADOS

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Healthy fats  
 Fiber

Fuel Food

**10**

## TOMATOES

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

**15**

## SPINACH

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Bone strength

Fuel Food

**15**

## CUCUMBER

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Water

Fuel Food

**20**

## BROCCOLI

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

**20**

## CARROTS

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Fiber

Fuel Food

**25**

## MUSHROOMS

**NUTRITION BENEFITS:**  
 Vitamins & minerals  
 Antioxidants  
 Water  
 Fiber

Fuel Food

**25**

## CAULIFLOWER

**NUTRITION BENEFITS:**  
 Energy  
 Vitamins & minerals  
 Water  
 Fiber

Fuel Food

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## STEAK

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Stength & muscle building

Fuel Food

**10**

## SALMON

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Omega-3 fatty acid

Fuel Food

**10**

## NUTS

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Healthy fats

Fuel Food

**15**

## GROUND BEEF

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Stength & muscle building

Fuel Food

**15**

## TUNA

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Omega-3 fatty acid

Fuel Food

**20**

## BEANS

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Fiber

Fuel Food

**20**

## TURKEY

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Stength & muscle building

Fuel Food

**25**

## DELI ROAST BEEF

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Stength & muscle building

Fuel Food

**25**

## DELI SMOKED HAM

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Healthy fats  
Protein

Fuel Food

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**5**

## SHREDDED CHEESE

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Calcium  
Protein

Fuel Food

DAIRY

**10**

## YOGURT

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Probiotics  
Calcium  
Protein

Fuel Food

DAIRY

**10**

## SOY BEVERAGE

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Omega-3 fatty acid  
Calcium  
Protein

Fuel Food

DAIRY

**15**

## STRING CHEESE

**NUTRITION BENEFITS:**  
Energy  
Vitamins & minerals  
Calcium  
Protein

Fuel Food

DAIRY

**15**

## MILK

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Calcium  
Protein  
Water

Fuel Food

DAIRY

**20**

## COTTAGE CHEESE

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Calcium  
Protein

Fuel Food

DAIRY

**20**

## CRUMBLLED CHEESE

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Calcium  
Protein

Fuel Food

DAIRY

**25**

## SOUR CREAM

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Calcium  
Protein

Fuel Food

DAIRY

**25**

## FROZEN YOGURT

**NUTRITION BENEFITS:**  
Vitamins & minerals  
Probiotics  
Calcium  
Protein

Fuel Food

DAIRY

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# SPORTS DRINK

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

10

# ICE CREAM

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

10

# DONUT

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

15

# CANDY

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

15

# COOKIES

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

20

# CHIPS

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

20

# SODA

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

25

# THEATER POPCORN

(with butter)

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

25

# CAKE

**NUTRITION BENEFITS:**  
Quick energy

DAIRY

FRUIT GRAINS  
VEGGIES PROTEIN

Idle Food

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