



# Sports Shorts

## GUIDELINES FOR PARENTS

Wrestlers frequently forget to pack a lunch or skip lunch all together. Some quick ideas to pack for lunch each day include:

### **Cracker Stackers**

- 6 cracker sandwiches with a lunch meat of your choice
- 6 low fat cheese cubes
- Orange slices
- 2-3 celery stalks with dip or hummus
- 1 small granola bar
- 1 bottle of water

### **Chicken wrapper**

- 2-3 oz chicken sliced breast with lettuce, tomato, and honey mustard
- Baggie of green or red grapes
- Baggie of baby carrots
- 1 string cheese
- 1 water bottle

### **Turkey and cheese roll-ups**

- Rolled up turkey slices and cheese
- Bag of pretzels
- Baggie of veggies (Broccoli and cherry tomatoes or sugar snap peas and baby carrots)
- 1 fruit choice
- 1 bottle of water

### **Pasta salad**

- Wheat pasta, mixed vegetables (tomatoes and cucumbers ), diced cheddar cheese, chicken cubes or turkey strips, with low-fat Italian salad dressing
- Bread of choice (pita, english muffin, small bagel, whole wheat)
- Sliced oranges
- Baggie of almonds or nuts
- 1 water bottle