

# Packing List

Issaquah Power Packs combine foods that are portable, nutritious, kid-friendly and simple to prepare.

Individual schools are welcome to add more items to the bags. Additions should be limited to food items and food program related flyers.



Food Item	Options	# per Bag
Canned Main Dish <i>(protein)</i>	* ravioli * chili * stew * hearty soup with meat	1
Pasta	* mac & cheese * easy cook pasta	1
Soup / Ramen	* kid-friendly soup or meal * Ramen <i>(square block type)</i>	1
Sleeve of Crackers	* Ritz * graham crackers * whole wheat crackers	1
Breakfast Item	* Instant Oatmeal packet * individual boxes of cereal	2
Granola Bars	* chew or crunchy * protein or fiber * trail mix bar <i>(please, no Nutrigrain, or soft, cereal-type, as they get smushed)</i>	2
Popcorn	Microwave popcorn	1
Fruit	* fruit leather * fruit cups <i>(in juice or light syrup, please no foil lids - they puncture!)</i> * dried fruit * applesauce <i>(no foil lids)</i>	2
Individual Snacks	* peanut butter crackers * fruit snacks * pretzels * goldfish	2
Extras <i>can supplement each bag, if available</i>	* to-go size peanut butter * snack pudding * hot cocoa packets / Kool Aid * beef jerky * trail mix <i>(if not already included)</i>	optional