**5 things to pack for a Swimmer’s School Lunch**

1.Chocolate Milk

2.Greek Yogurt

3.Vegetables and hummus

4.Peanut butter and jelly

5.Thermos of chicken noodle soup

When packing a lunch for your swimmer, the goal is to have a combination of carbohydrates, protein, and a little fat. This will promote feelings of fullness as well as help your swimmer remain on an ‘even keel’ throughout the day.