

DIY TRAIL MIX

This no-cook snack can be prepared in advance, individually packaged and contains fruit, whole grains and protein! Mix and match the choices below to create your one-of-a-kind trail mix.

DRIED FRUIT

+

WHOLE GRAINS

+

PROTEIN

raisins
cranberries
blueberries
mango
pineapple
apricot
prunes
coconut chips
plantain chips
freeze dried fruit

popcorn
whole grain cereal
(ex: Cheerios, Chex, Life
or similar)
unsalted pretzels
whole grain granola
mini whole grain crackers

roasted chickpeas
roasted lentils
pumpkin seeds
sunflower seeds
peanuts
tree nuts
(ex: almonds, cashews,
pecans, Brazil nuts,
walnuts, pistachio,
macadamia)



ALLERGEN ALERT:

Please reference your school nutrition policy related to allergens, to determine which options may be a good fit for your program. If choosing a protein item is a challenge, you can make trail mix bags with dried fruit and whole grains and serve a protein choice on the side (ex: yogurt, cheese, eggs, milk). If you have questions or concerns, please reach out to your program dietitian!

QUICK TIP:

If you have student volunteers, this can be a fun task for them to complete. Students who volunteer can choose what items go in the trail mix!

PACKAGING IDEAS:

- Plastic baggies, paper bags
- Paper or compostable cups
- Individual serving bowl or scoop from a large bowl on to a paper napkin
- Try a "Trail Mix Bar" - all ingredients are laid out and students can choose what goes into their individual baggies or cups

