

Snack suggestions for musical rehearsals

Please send healthy snacks: students need protein, fresh fruit, and vegetables to get them through their afternoon rehearsals. We will purchase some staple foods, and each week we will inventory what they have so that we can let you know if we have too much or too little of any one thing.

In previous years, students particularly enjoyed:

- Pre-made sandwiches
- Supplies of bread and sandwich fillings for students to use to make their own sandwiches each day (peanut butter, jam, lunch meat, cheese)
- Fresh veggies and dip (such as hummus, salsa)
- Fresh fruit -bananas, prepared fruit for quick snack (such as fruit kabobs, sliced oranges/apples)
- Bagels and spreads
- Flour tortillas and bean dip and/or other fillings
- Quesadillas
- Pasta salad or rice dishes
- Spring rolls or Vietnamese sandwiches
- Sushi
- Homemade meals especially welcome! A crock pot of hot food or something fresh out of your oven like lasagna or mac and cheese can really hit the spot!

Please, no crumbly or sugary snacks or drinks as they affect the students' voices:

- No prepackaged candy
- No desserts
- No chips
- No crackers
- No soda

No bottled water - students should be reminded to bring their reusable water bottles for use during rehearsals and performances. There are several water fountains they can use to refill their bottles.

Thank you for your support!