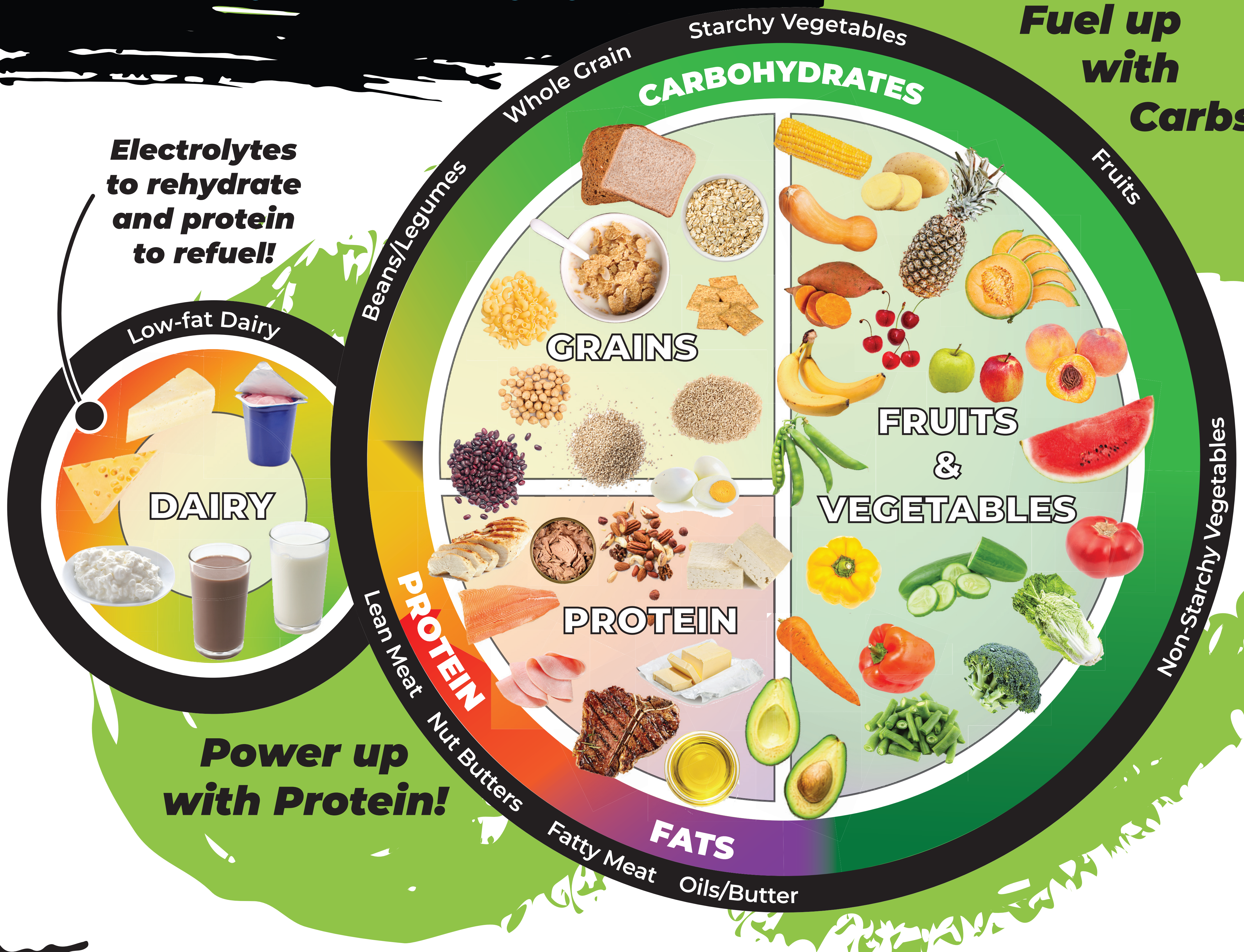


# FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

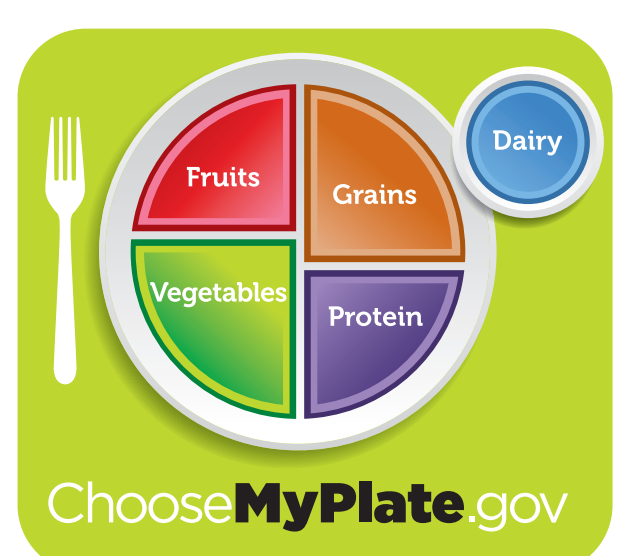
**ATHLETES**, choose wisely to  
**maximize your performance** and  
**decrease your risk of injury.**

**Fuel up  
with  
Carbs!**



**Some athletes may need to buy a second meal at lunch to meet their daily nutrition and sports performance needs.**

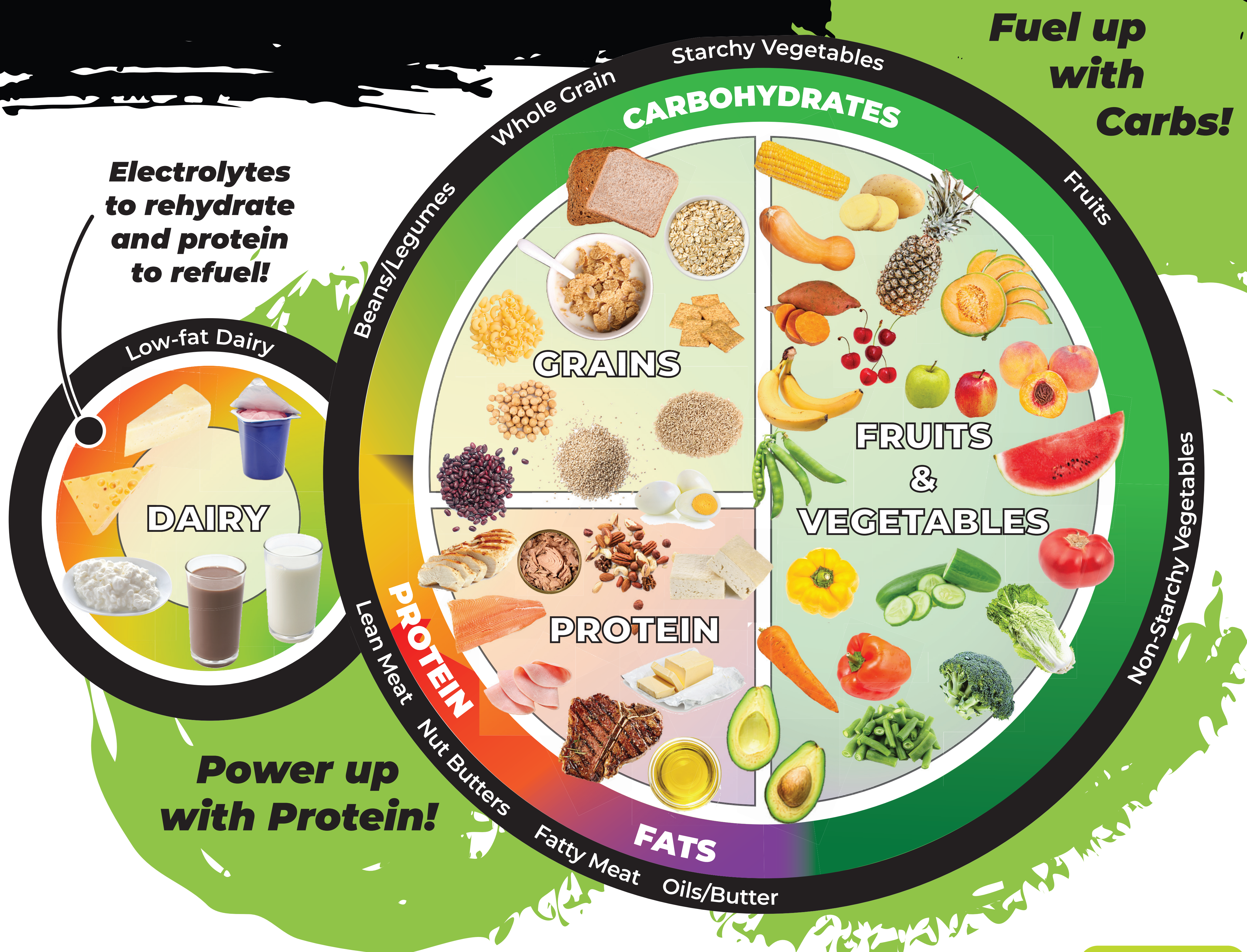
**MILK**  
MEANS MORE



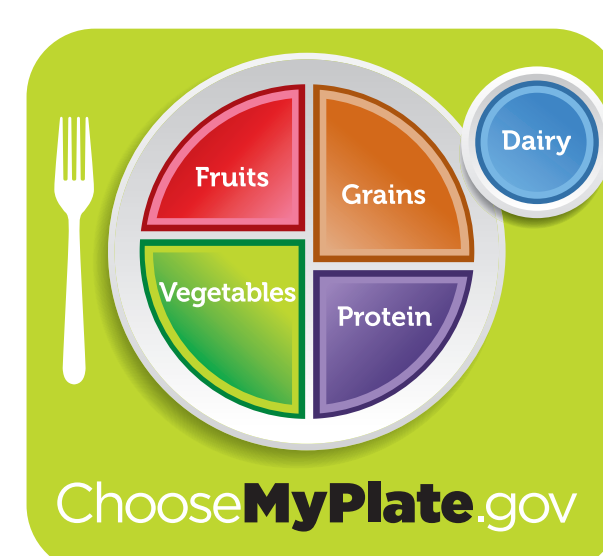


# FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

**BAND MEMBERS, stay strong and focused on your performance** when you choose the right fuel for after school.



**MILK**  
MEANS MORE

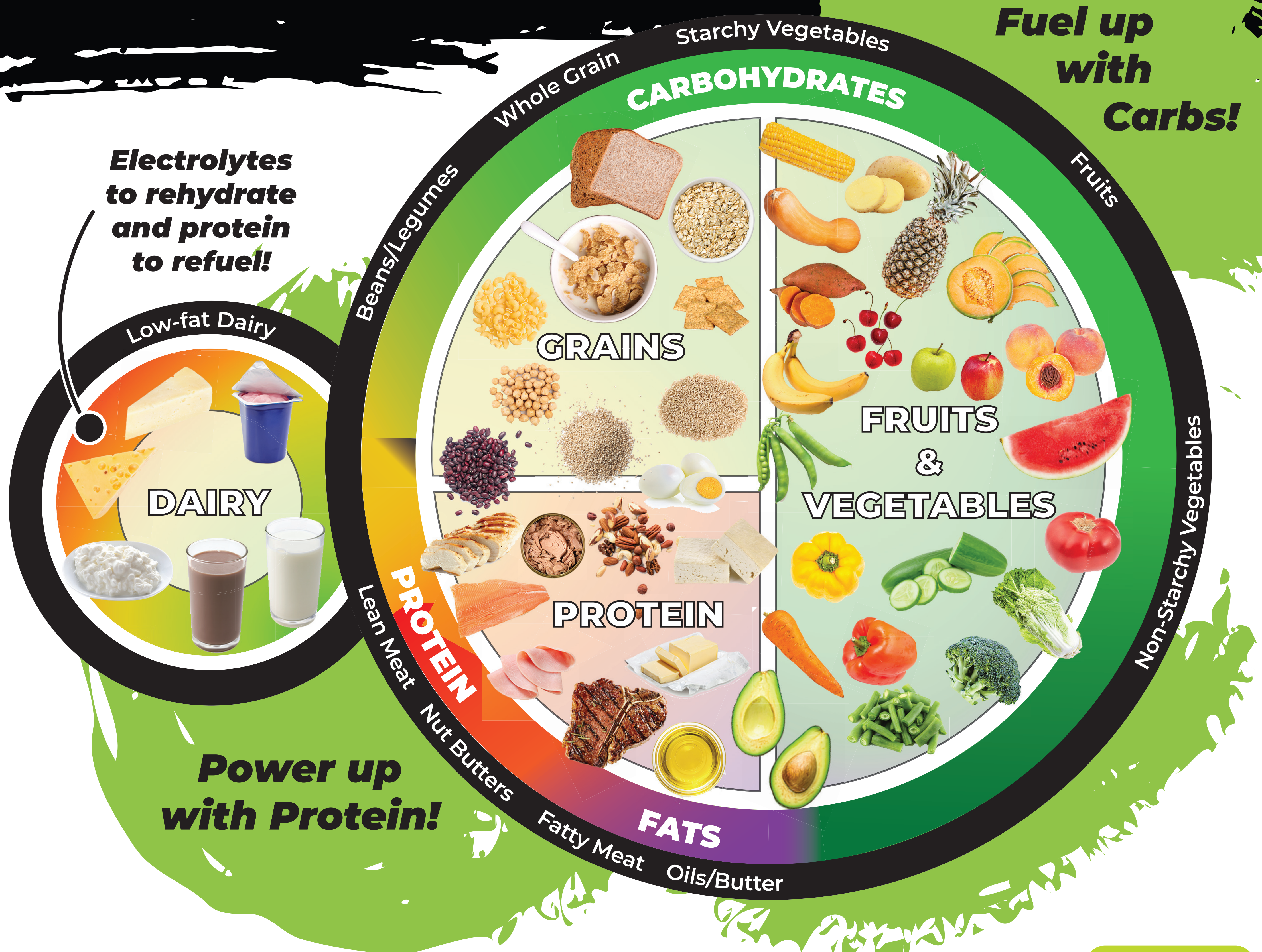




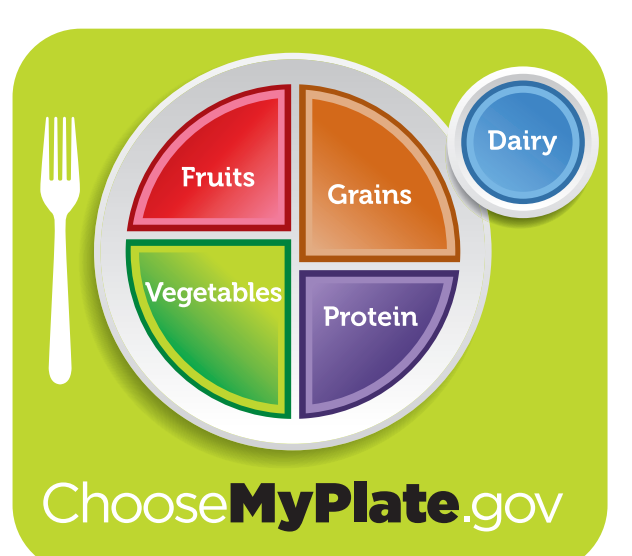
# FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

## HAVE AN AFTER-SCHOOL JOB?

Make sure you are **well-fueled**  
so you can **do your best work possible.**



**MILK**  
MEANS MORE

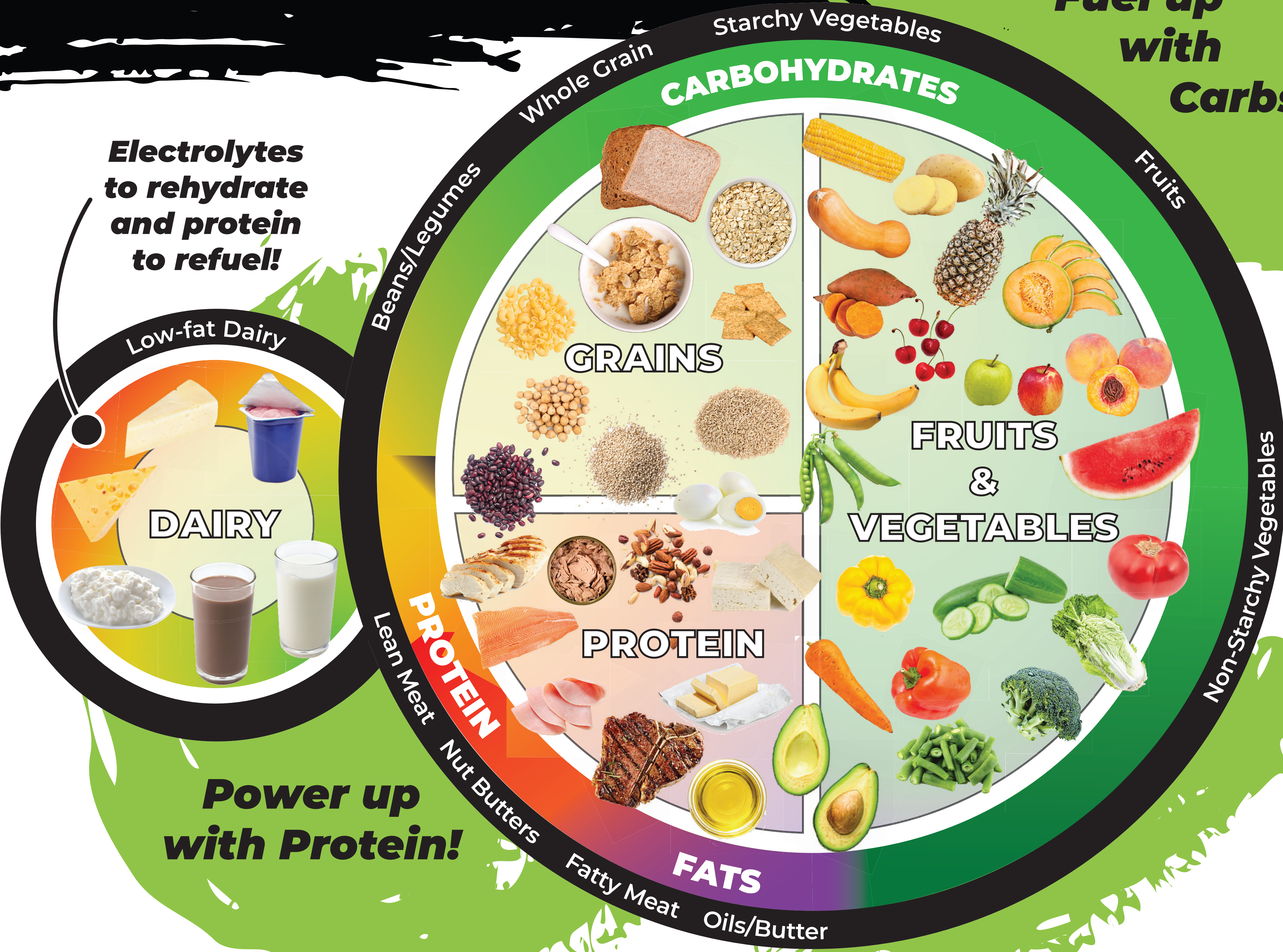




# FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

Fuel your brain and body for your **AFTER-SCHOOL CLUB** – make sure you have the **energy to perform your best.**

Fuel up with **Carbs!**



**MILK**  
MEANS MORE

