

Healthy Concessions

Food and Beverages for Student Activities

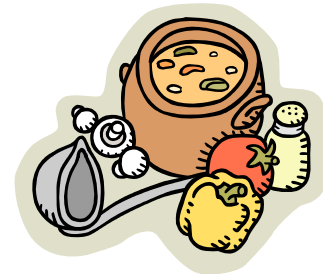
Our school goal is to provide opportunities to teach our students lifelong healthy behaviors. School related activities provide an opportunity for role-modeling healthy eating. Food served at student events should offer students, athletes and spectators nutritious food that will enhance athletic performance or contribute to recommended daily nutrient requirements.

Healthy Suggestions for Concessions:

- Fresh fruit and vegetables
- Bagels with low-fat cream cheese
- Baby carrots with low-fat dip
- Baked chips
- Granola bars
- String cheese
- Yogurt
- Pudding
- Animal crackers
- Low-fat popcorn
- Soft pretzels and mustard
- Cereal bar

Main entrees:

- Chili
- Pizza with a single meat topping
- Sub sandwiches with dressings on the side
- Grilled Chicken sandwich
- Soup



Banquet Meals:

Entrees: Soup chili, pizza, sandwich buffet

Sides: Vegetable tray with low-fat dip, whole grain bread, pasta salad with low-fat dressing, fruit tray or fruit basket

Desserts: Angel food cake with berries, fruit crisp, oatmeal raisin cookies, fruit and yogurt smoothies or parfaits, fresh fruit

Beverages: Single serve low-fat or fat free milk regular or flavored, bottled water, plain, sparkling or flavored, single serve 100% juice

Sample meals:

Chili, cornbread and salad

Sub sandwiches and yogurt

Soup, crackers, cheese and fruit

Baked potato bar with toppings

Spaghetti, salad and fruit

Pizza and salad