Concessions – Main Entrees and Protein

Some Healthy Choices

Main Entrée ( <350 calories/serving)

1. Pulled turkey, beef, pork, ham for sandwiches
2. Sloppy Joe or BBQ meats
3. 95% lean meats used in walking tacos, etc
4. Sub sandwiches
5. Pizza – try Veggie or whole grain crust if available
6. Sandwich or garden wraps made with whole wheat tortilla
7. Chili or broth based Soups
8. Baked Potatoes with toppings
9. Fruit/Granola/Yogurt parfait

Proteins (<200 calories/serving)

1. Hard boiled eggs
2. String cheese
3. Cottage cheese
4. Greek or Regular Yogurt – can serve frozen in a tube
5. Nuts or trail mix – almonds\*
6. Pumpkin, sunflower seeds
7. Single serve hummus
8. Single serve peanut butter\*

\***caution with nut allergies**