

NuAct



Waupaca County Nutrition & Activity Coalition

Healthy Choices For School Concession Sales

Protein Sources:

Peanut Butter
Hard Cooked eggs (on ice)
String Cheese (individually wrap)
Sliced Turkey, Beef or Ham (on whole grain breads, wrap, roll or subs)
Healthy Soups
Veggie Burgers, Vegetable or Cheese Pizza, Vegetable Tacos
Low Fat Yogurt

Fruits and Vegetables:

Bananas, Oranges
Apples (rings or fresh sliced-increases sales)
Melons, grapes, pineapple (individual bags)
Raw Veggies; carrots, celery, cucumbers, peppers, broccoli, cauliflower (individual bags), Offer Low Fat Ranch Dressing on the side.
100% fruit juice in small containers
V8 Splash in individual servings

Grains:

Whole Grain Buns, Breads, Subs
Whole Grain or Fruited Bagels, Offer Low Fat or Fat-free Cream Cheese.
Whole Grain Crackers (individual bags)
Dry Cereal (in individual bags) unsweetened
Graham Crackers all sizes (individual bags)
Granola Bars with Dried Fruit and Nuts
Pretzels, Baked Chips-potato or corn with salsa
Low Fat Popcorn; air popped, less oil in preparation
Muffins or Nut Breads made from healthy ingredients
Trail Mix-Cereals, Dried Fruit, Nuts

Beverages:

Bottled Water, Herbal Teas
Sport Drinks
Skim Milk
Smoothies
100% Fruit & Vegetable Juices

NuAct Mission is to enhance the health of our children and families through improved nutritional choices and increased physical activities.