



USTA TOURNAMENT SNACK BAR PERFORMANCE FOOD RECOMMENDATIONS

SNACKS TO SELL INDIVIDUALLY

Pretzels/crackers	Granola bars/granola (e.g. Kind™, Bare Naked™ brands)
High-carb energy bars (e.g. Clif™, Power Bars™, Luna™)	Graham crackers/ vanilla wafers
Bagels	Fresh fruit/dried fruit
Popcorn – Lite microwave type	Sliced raw vegetables (e.g. carrots, peppers)
Fig bars	Pickles
Chex Mix™ Original	

COMBINATION SNACKS TO SELL

Peanut butter crackers - Wheat Lance type	Trail mixes (nuts and dried fruit) - Lara, Bare Naked type
Hummus and pretzel kits - Sabra type	Tuna or chicken salad kits - Chicken of the Sea type
“Go Picnic”™ snack boxes	Oscar Meyer™ protein packs (e.g. P2 packs)

INDIVIDUAL PROTEIN SOURCES TO SELL

Nuts	Cottage Cheese
Hummus Dip	Peanut Butter or Almond Butter
Hard boiled eggs	Greek Yogurt
String Cheese	

HOT MEAL OPTIONS TO OFFER

Grilled chicken sandwich	Grilled Chicken nuggets
Chicken/tuna salad sandwich/wraps	Balanced salad meals (e.g. burrito bowls)
Burritos	Low fat Hot Dogs (e.g. Hormel™ 99% fat Free)
Soft tacos	(Above with wheat buns/bread)

SNACKS TO SELL INDIVIDUALLY

Bottled water	Fruit/vegetable smoothies
Sports drink	Tomato juice
100% natural fruit juice	Cherry juice
Low-fat chocolate milk/ strawberry milk	Coconut water
Flavored seltzer waters	