

GAS STATION DINING

(Holiday StationStores 8/2021) <http://www.holidaystationstores.com/Menu/Nutrition>

SO MANY OPTIONS IN THE OPEN-AIR COOLERS!



CHECK OUT THE OPEN-AIR COOLERS:

Assortment of pre-made salads

Sandwiches – smoked turkey breast on whole wheat bread

Hard-boiled eggs

Cottage Cheese

Pre-cut fresh fruits cups (grapes, cantaloupe, pineapple, mango)

Yogurt, fruit and granola cup

INGREDIENTS

Milk – Fairlife, Almond milk

Carton of eggs

Loaf of bread (whole grain)

Cheese (slices, string)

Cereal (tends towards higher sugar content choices look for
≤ 10 grams/serving of added sugar)

Peanut butter and Jelly

SNACKS:

Beef or chicken strips (jerky)

Kind Bars, Protein Bars, Granola Bars

Popcorn

Sunflower Seeds, Nuts – peanut, almonds

Whole Fresh Fruit (apples, Bananas)



BEVERAGES:

Orange Juice

Sparkling Water

Milk