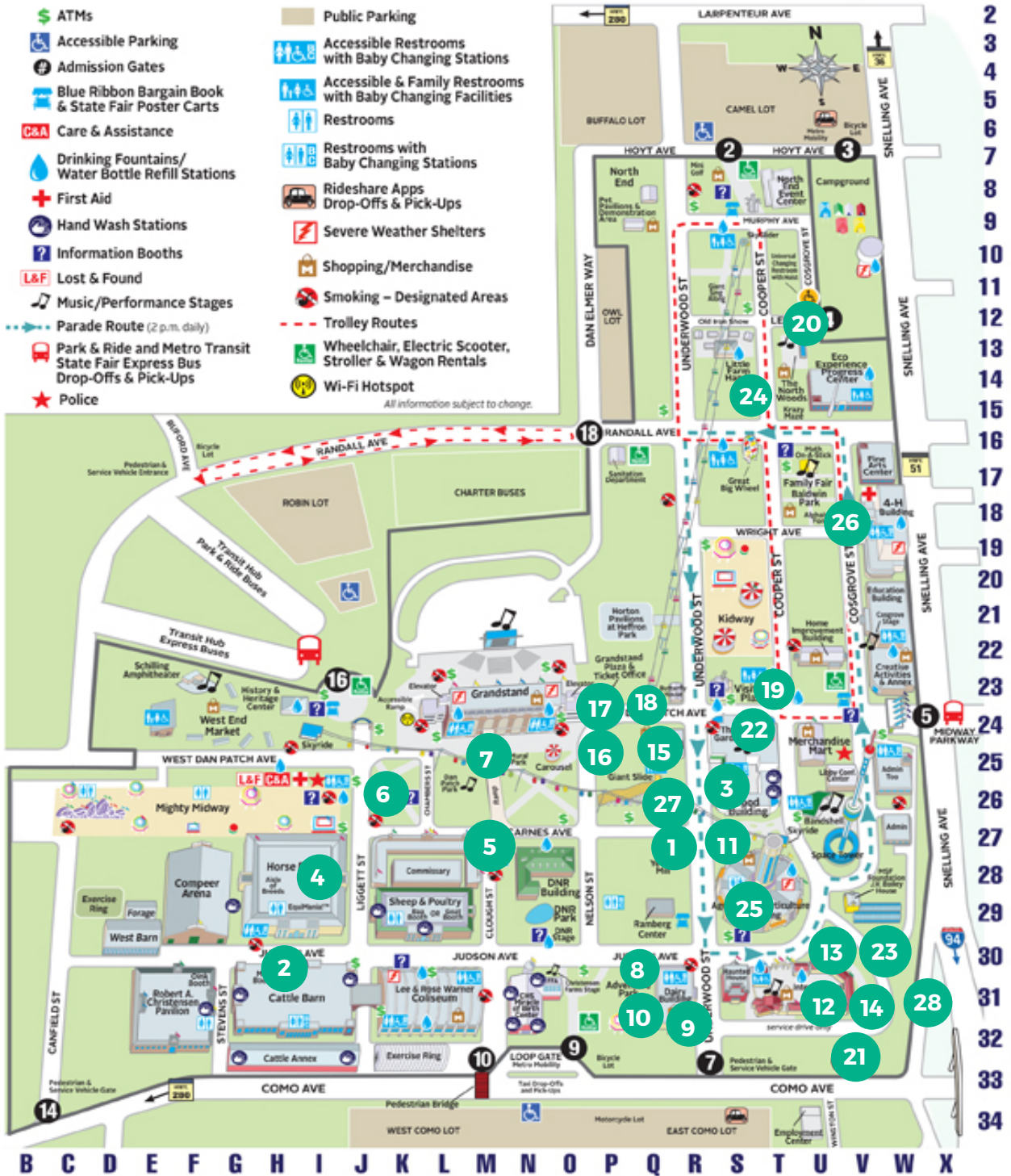


EATING HEALTHY AT THE MINNESOTA STATE FAIR 2023



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- 1 Produce Exchange (R-27)** Fresh fruit
Fruit bowls
Greek yogurt fruit parfait
Jars of Summer jams and spreads
- 2 MN Elk Breeder Association (H-30)**
Elk jerky
Elk snack sticks
Elk summer sausage
- 3 Fish and Chips Seafood Shoppes (S-26)**
Grilled shrimp on a stick
Lobster on a stick
Scallops on a stick
Salmon on a stick
- 4 Coasters (J-27)**
Omelets and eggs
Steak dinners
Chef salads
- 5 Café Caribe (M-27)**
Buffalo Shrimp Skewer
Grilled chicken
Caribbean crab cakes
- 6 Carousel BBQ (K-25)**
Roasted turkey leg (split portion)
Grilled pork chop on a stick
- 7 Juanita's Fajitas (M-24)**
Chipotle chicken fajita salad without a tortilla
- 8 Chan's Chicken on a Stick (Q-30)**
Teriyaki chicken on a stick
- 9 Dairy Goodness Bar (R-31)**
Cheese stick
Greek yogurt
- 10 Peterson's Pork Chops (Q-30)**
Pork chop or chicken on a stick
- 11 Shrimp Shack (R-27)**
Grilled shrimp on a stick
Shrimp poke bowl without rice
- 12 St. Martin's Olives (U-31)**
Olives on a stick
Virgin Bloody Mary
Pickled asparagus
Pickled green beans
- 13 Charcoal Hut (U-30)**
Chicken
Charcoal broiled turkey legs
Stuffed tomatoes
- 14 Holy Land (U-31)**
Lamb or Beef Kabobs
- 15 Minnekobob (Q-24)**
Kiddi Kabobs (Steak, Chicken, or Bison)
- 16 Demetri's Greek Food (P-25)**
Shish Kabobs
Greek or garden salads
- 17 Corn Roast (P-24)**
Sweet corn w/o butter
- 18 Bayou Bob's (P-24)**
Sautéed alligator in garlic olive oil
Frozen grapes
Cajun seasoned alligator
Sugar Free Lemonade
- 19 Hamline Church Dining Hall (S-23)**
Cranberry Wild Rice Meatballs
Fruit, veggies, salad with chicken
- 20 Giggles' Campfire Grill (T-12)**
Elk burger without a bun
Walleye stuffed mushrooms
Salmon on a stick
Northwood salad on a stick (mozzarella cheese and grape tomatoes)
Hickory pork
- 21 West Indies Soul Food (U-31)**
Jamaican patties (beef, chicken, vegetables)
Jerk chicken legs
Jerk pork chop
- 22 Ragin Cajun (S-24)**
Shrimp on a stick
Crawfish
Chicken on a stick
- 23 Shanghai Henry's (U-30)**
Tex-Mex Taco
Korean Taco
- 24 Baba's (S-14)**
Hummus Bi Lahme with lamb or beef shawarma
- 25 Minnesota Apples (S-29)**
Minnesota Apple
- 26 Spinning Wylde (U-18)**
Fresh pressed watermelon juice
- 27 The Anchor Coffee House (Q-25)**
Coffee, hot tea, espresso, nitro cold brew
- 28 Union Hmong Kitchen (U-31)**
Nqali (meat) with chilled rice noodles (½ cup)
Hilltribe chicken
Lemongrass turmeric tofu
Five spiced thai tea

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