

School Lunch Restaurant List 2011

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Introduction

The Alberta Nutrition Guidelines for Children and Youth

In 2008, Alberta Health and Wellness released the *Alberta Nutrition Guidelines for Children and Youth*. The purpose of the Guidelines is to help promote healthy eating habits for children and youth in schools, childcare facilities and recreation/community centres. This ensures that children and youth will be able to make healthy food choices in places where they live, learn and play.

The Guidelines apply to all food and beverages sold or served to children and youth. This would include foods provided or sold as part of hot lunch programs, parent-organized lunch sales, special lunch days, etc.

You can download a copy of the most up to date Guidelines at:

<http://www.healthyalberta.com/AboutHealthyU/280.htm>.

Nutrition Criteria

The School Lunch Restaurant List has been developed using the nutrition criteria from the *Alberta Nutrition Guidelines for Children and Youth*. The Guidelines have separated all foods into three categories:

1. **Choose Most Often:** These foods should be **consumed daily**, in appropriate amounts and portion sizes, based on age category. These foods are all recommended as healthy choices in *Eating Well with Canada's Food Guide*.
2. **Choose Sometimes: No more than three servings** from the Choose Sometimes category are recommended per week. While these foods may still provide beneficial nutrients, they tend to be higher in added sugar, unhealthy fat and sodium (salt).
3. **Choose Least Often:** Eating these foods is **not recommended**. One serving could be eaten once a week. Foods from this category are very low in nutrients and higher in calories, fat, sugar and salt.

The School Lunch Restaurant List

Many schools rely on food from restaurants to serve as part of their lunch program. This resource provides a list of menu items from common restaurant chains that meet the Choose Most Often or Choose Sometimes criteria from the *Alberta Nutrition Guidelines for Children and Youth*. This list is intended to provide schools with some guidance on choosing healthier food items for their canteen menus, special lunch days or other school events that involve ordering food. This list includes menu items available from common restaurants across Alberta and is not a complete representation of the offerings from all food retail outlets that schools may use.

This list is not an endorsement for any particular menu item, restaurant or company. It reflects various examples of foods found in Alberta chain restaurants as of May 2011. **We encourage schools to refer to the criteria from the *Alberta Nutrition Guidelines for Children and Youth (2010)* or the Healthy U Food Checker (www.healthyalberta.ca) to assess other menu items not on this list.**

Foods on the School Lunch Restaurant List were analyzed using Canadian nutrition information, when available, from restaurant websites.

Guide to Using the School Lunch Restaurant List

This List is intended to be used when selecting healthier menu items from restaurants for your school or facility. Menu items are organized by restaurant type, by restaurant name and into Choose Most Often or Choose Sometimes foods. Foods from the Choose Least Often category are not included since they may be very low in nutrients and higher in calories, fat, sugar and salt.

When using items from this list, it is important to ensure that you are offering students a healthy, balanced meal. **Generally, a balanced meal includes servings from all 4 of the food groups in *Eating Well with Canada's Food Guide*.** Some items on this list, on their own, may not reflect this recommendation and you may need to look for creative ways to provide balanced meals to students. For example, serving a slice of pizza with a fruit salad or adding a handful of baby carrots to a hamburger.

Schools are encouraged to support local businesses, or food retail establishments that meet the needs of their student population. When ordering from any external food provider, ask for nutrition information for menu items and determine whether these items meet the Alberta Nutrition Guidelines for Children and Youth. You can also work with these providers to make small changes that improve the nutritional value of menu items. Please see [Special Lunch Days](#) for general tips for making healthy choices for your lunch program.

Please note, the School Lunch Restaurant List does not identify any potential allergens and therefore it is the responsibility of the school to evaluate products for potential allergies.

Wraps, Pitas and Subs

	Retail Food Outlet	Item	Choose Most Often	Choose Sometimes		
Booster Juice	All wraps are whole wheat. Toppings and condiments are standard.	School Wrap: Chicken Quesadilla	X			
		School Wrap: Ham	X			
		School Wrap: Pizza	X			
		School Wrap: Turkey	X			
		Smoothies (1 cup or 240 mL):	X			
		Berry Blossom (Bloom)	X			
		Cranberry Cyclone	X			
		Mango Mania	X			
		Pineapple Chill	X			
		Starberry	X			
Extreme Pita	<p>Pita:</p> <ul style="list-style-type: none"> • Whole Wheat <p>Vegetables:</p> <ul style="list-style-type: none"> • Lettuce • Tomatoes • Cucumber • Onion • Green Peppers • Mushrooms <p>May add 1 cheese OR 1 condiment:</p> <p>Cheese:</p> <ul style="list-style-type: none"> • Cheddar • Mozzarella <p>Condiment:</p> <ul style="list-style-type: none"> • Tzatziki • Hummus • Balsamic Vinaigrette • Light Mayonnaise • Light Ranch • Light Caesar • Honey Mustard 	Freestyle Pitas:				
		Grilled Chicken Pita - small		X		
		Falafel Pita - small		X		
		Classic Pitas:				
		Market Fresh Veggie - small		X		
		Market Fresh Veggie - regular		X		
		Tuna - small		X		
		Kidz Pitas:				
		Sweet Chicken Little		X		
		BBQ4U		X		
		Beefosaurus Rex		X		
		Fee-Fi-Fo-Hummus		X		
		Kidz Pitas: Sauce or cheese is included. Nutritional analysis does not account for additional side or drink.				

Wraps, Pitas and Subs

	Retail Food Outlet	Item	Choose Most Often	Choose Sometimes
Mr. Sub	Bread: <ul style="list-style-type: none"> Whole Wheat Multigrain Vegetables: <ul style="list-style-type: none"> Lettuce Tomatoes Cucumber Red Onion Green Peppers Mushrooms May add 1 cheese OR 1 condiment: Cheese: <ul style="list-style-type: none"> Cheddar Mozzarella Condiment: <ul style="list-style-type: none"> Secret Sauce Pizza Sauce Buttermilk Ranch Light Mayonnaise 	White Albacore Tuna Sub		X
		Veggie Sub		X
		Grilled Chicken Sub		X
		Philly Style Steak Sub		X
		Grilled Buffalo Chicken Panini Sub		X
		Veggie Wrap		X
Pita Pit	Pita: <ul style="list-style-type: none"> Whole Wheat Vegetables: <ul style="list-style-type: none"> Spinach Lettuce Tomatoes Cucumber Pineapple Onion Green Peppers Mushrooms Alfalfa Sprouts May add 1 cheese OR 1 condiment: Cheese: <ul style="list-style-type: none"> Cheddar Condiment: <ul style="list-style-type: none"> Hummus Honey Mustard Mustard Tzatziki Light Mayonnaise Light Ranch 	Meat Pitas:		
		6" Chicken Breast		X
		6" Chicken Caesar		X
		6" Chicken Souvlaki		X
		6" Southwestern Chicken		X
		6" Tuna		X
		Vegetarian Pitas:		
		6" Babaganoush		X
		6" Cheddar		X
		6" Feta		X
		6" Garden		X
		6" Swiss		X
		6" Hummus		X
Quiznos	Bread: <ul style="list-style-type: none"> Whole Wheat Multigrain Vegetables: <ul style="list-style-type: none"> Lettuce Tomatoes Onion Cucumber 	Signature Classics:		
		Honey Bourbon Chicken - small		X
		Flatbread Sammies:		
		Cantina Chicken		X
		Quiz Kidz:		
		Q-Kidz Toasty Turkey & Cheese Sub		X
		Q-Kidz Toasty Ham & Cheese Sub		X
		Q-Kidz Cheesy Toasted Cheese Sub		X
Quiz Kidz - nutritional analysis does not account for additional side or drink.				

Wraps, Pitas and Subs

Retail Food Outlet	Item	Choose Most Often	Choose Sometimes	
Subway <p>Bread:</p> <ul style="list-style-type: none"> • 9 – Grain Wheat <p>Vegetables:</p> <ul style="list-style-type: none"> • Lettuce • Tomatoes • Cucumber • Red Onion • Onion • Green Peppers • Mushrooms <p>May add 1 cheese OR 1 condiment:</p> <p>Cheese:</p> <ul style="list-style-type: none"> • Monterey Jack • Natural Cheddar • Swiss Cheese <p>Condiment:</p> <ul style="list-style-type: none"> • Fat Free Honey Mustard • Mustard • Light Mayonnaise • Fat Free Sweet Onion 	6 - inch Sandwiches:		X	
	Ham		X	
	Oven Roasted Chicken		X	
	Roast Beef		X	
	Veggie Delight		X	
	Flatbread Sandwiches:			
	Oven Roasted Chicken		X	
	Mini Subs:			
	Mini Sub - Ham		X	
	Mini Sub - Roast Beef		X	
	Tim Hortons <p>Regular sized sandwiches and standard ingredient servings</p>	Egg Salad Sandwich		X
BLT Sandwich			X	
Toasted Chicken Club Sandwich			X	
Chicken Caesar Sandwich			X	

Hamburgers and Salads

Retail Food Outlet	Item	Choose Most Often	Choose Sometimes	
McDonald's Bun: <ul style="list-style-type: none"> Choose whole wheat bun when available Healthier Toppings: <ul style="list-style-type: none"> Lettuce Tomato Onion Choose lower fat cheese when available 	Hamburger		X	
	Cheeseburger		X	
	Grilled Chicken Classic Sandwich		X	
	Zesty Mango Crispy Chicken McMini Sandwich		X	
	One Chicken Fajita		X	
	Grilled Chicken Snack Wrap		X	
	Spicy Buffalo Chicken Snack Wrap with Grilled Chicken		X	
	Salads:			
	Southwest Salad with Grilled Chicken		X	
	Spicy Thai Chicken Salad with Warm Grilled Chicken		X	
Wendy's Bun: <ul style="list-style-type: none"> Choose whole wheat bun when available Healthier Toppings: <ul style="list-style-type: none"> Lettuce Tomato Onion Choose lower fat cheese when available 	Plain Hamburger Kids' Meal		X	
	Junior Cheeseburger Deluxe		X	

Pizza

Retail Food Outlet	Item	Choose Most Often	Choose Sometimes
Boston Pizza <p>Crust:</p> <ul style="list-style-type: none"> Choose whole wheat or multigrain crust when available. <p>Healthier toppings:</p> <ul style="list-style-type: none"> Bell peppers Onion Mushrooms Pineapple Spinach Tomato Beef Chicken Ham <p>*Based on 1/10 of a medium (13") pizza</p>	BP Originals:		
	The Pepper		X
	Boston Royal		X
	The Classics:		
	Pepperoni		X
	Pepperoni and Mushroom		X
	Hawaiian		X
	Deluxe		X
	Veggie:		
	Zorba, the Greek (vegetarian)		X
	Vegetarian		X
	International:		
	Szechuan		X
	BBQ Chicken		X
	Create Your Own Pizza:		
The Basic (cheese pizza)		X	
Domino's Pizza <p>Crust:</p> <ul style="list-style-type: none"> Choose whole wheat or multigrain crust when available. Avoid the stuffed crust. <p>Healthier toppings:</p> <ul style="list-style-type: none"> Bell peppers Onion Mushrooms Pineapple Tomato Beef Chicken Ham <p>*Based on 1/8 of a medium (12") pizza</p>	1 Topping Pizzas:		
	Cheese		X
	2-3 Topping Pizzas:		
	Grilled Chicken, Mushroom and Bell Peppers		X
	Feast Pizzas:		
	Hawaiian Feast		X
Veggie Feast		X	
Little Caesars <p>Crust:</p> <ul style="list-style-type: none"> Choose whole wheat or multigrain crust when available. <p>Healthier toppings:</p> <ul style="list-style-type: none"> Bell peppers Onion Mushrooms Pineapple Tomato Beef Ham <p>*Based on 1/8 of a medium (12") pizza</p>	Cheese		X
	Pepperoni		X
	Ham and Pineapple		X
	Beef and mushroom		X
	Vegetarian (mushrooms, bell peppers, onion, tomato and olives)		X

Pizza

Retail Food Outlet	Item	Choose Most Often	Choose Sometimes	
Panago	Crust:			
	<ul style="list-style-type: none"> Choose whole wheat or multigrain crust when available. 			
	Healthier toppings:			
	<ul style="list-style-type: none"> Bell peppers Onion Mushrooms Pineapple Spinach Tomato Beef Chicken Ham 			
	*Based on 1/8 of a medium (12") pizza			
		Vegetariano (no meat) Pizzas:		
		Quattro Fromaggio (Cheese)		X
		Primo Vegetarian		X
		Garden Veggie		X
		Meat Free Pepperoni		X
		Veggie and Goat Cheese		X
		Veggie Mediterranean		X
		Carne (meat) Pizza:		
		New York Deli		X
		Primo Capicollo		X
		Deluxe Hawaiian		X
		Tropical Hawaiian		X
		Panago Classic		X
		Sicilian Sausage		X
		Beef Taco		X
		BBQ steak		X
		Genoa Classic		X
		Chorizo and Goat Cheese		X
		Steak Mushroom Melt		X
		Italia Classic		X
		Pollo (chicken) Pizzas:		
		Chicken Taco		X
		Buffalo Chicken		X
		Tropical Chicken		X
		BBQ Chicken		X
		Primo Pollo		X
		The Fajita		X
	Chipotle Chicken		X	
	Oceano (seafood) Pizzas:			
	Primo Shrimp		X	
	Pesto Shrimp		X	
	Frugal Favourites:			
	Cheese		X	
	Pepperoni		X	
	Ham and Pineapple		X	

Pizza

Retail Food Outlet	Item	Choose Most Often	Choose Sometimes
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Papa Johns</p> <p>Crust:</p> <ul style="list-style-type: none"> Choose whole wheat or multigrain crust when available. <p>Healthier toppings:</p> <ul style="list-style-type: none"> Bell Peppers Onion Mushrooms Pineapple Spinach Tomato Beef Chicken Ham <p>*Based on 1/8 of a medium (12") pizza</p>	Build Your Own: Refer to the “healthier toppings” list		X
	Pepperoni		X
	BBQ Chicken		X
	Hawaiian BBQ Chicken		X
	The Works		X

Other

Retail Food Outlet		Item	Choose Most Often	Choose Sometimes
East Side Mario's		Mini Mario's Menu:		
		Mario's Pasta with Napolitana Sauce		X
		Everyday Values:		
		Fettuccine Alfredo		X
		Spaghetini Bolognese		X
Edo Japan	Dishes do not include Teriyaki Sauce	Teriyaki Chicken		X
		Chicken and Beef		X
		Hawaiian Chicken		X
		Seafood Grill		X
Kentucky Fried Chicken		Homestyle Snacker		X
Mary Brown's Famous Chicken & Taters!		Mary's Grilled Choice Chicken:		
		Big Mary		X
		Club Wrap		X
		Caesar Wrap		X
		Fiesta Wrap		X
		Mary's Original Famous Chicken:		
		Big Mary Club		X
		Club Wrap		X
		Caesar Wrap		X
Fiesta Wrap		X		
Mucho Burrito	Toppings: <ul style="list-style-type: none"> • Cilantro Lime Rice • Cheese • Corn/Black Bean Salsa 	6.5" Pinto Bean Burrito		X
		8" Pinto Bean Burrito		X

Other

Retail Food Outlet		Item	Choose Most Often	Choose Sometimes
Opal! Souvlaki of Greece	Doesn't include Tzatziki.	Veggie Pita (with or without jalapenos)		X
		Fresco Lite Menu:		
Taco Bell		Fresco Soft Taco - Steak		X
		Fresco Bean Burrito		X
		Tacos:		
		Soft Taco - Beef		X
		Double Decker Taco		X
		Soft Taco - Chicken		X
		Burritos:		
		7 Layer Burrito		X
	Bean Burrito		X	
Taco Time		Super Bean Burrito		X
Wok Box	All dishes with rice (not noodles)	Dan Dan:		
		with Rice and Tofu		X
		with Rice and Chicken		X
		with Rice Shrimp		X
		Jungle Curry:		
		with Rice and Tofu		X
		with Rice and Chicken		X
		with Rice and Shrimp		X
		Kids Menu:		
		Dragon Chicken		X
		Jungle Noodles		X
Crispy Chicken with Sweet and Sour Sauce		X		